



Long-term Lateral Ankle Instability

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Abstract

Long-term lateral ankle instability is a common condition following acute ankle sprain. It is characterized by recurrent episodes of instability, pain, and swelling. The pathogenesis is multifactorial, involving ligamentous laxity, proprioceptive deficits, and neuromuscular control abnormalities. Treatment options range from conservative management to surgical reconstruction. This study aims to evaluate the long-term outcomes of surgical treatment for lateral ankle instability.

Keywords: Lateral ankle instability, chronic ankle instability, ligament reconstruction, proprioception, neuromuscular control.

Introduction: Lateral ankle instability (LAI) is a common condition following acute ankle sprain. It is characterized by recurrent episodes of instability, pain, and swelling. The pathogenesis is multifactorial, involving ligamentous laxity, proprioceptive deficits, and neuromuscular control abnormalities.

