

# Index

- Abrasion, technique for, in treating posteromedial lesions of the talus, 143–146
- Absorbable pins, for reattaching chondral fragments to underlying bone, 137
- Absorption length, of a laser, 248
- Academic Medical Center (Amsterdam), study of endoscopic soft tissue procedures at, 225–228
- Accessory portals, anteromedial and anterolateral, at the ankle, 30
- Achilles tendon
  - lengthening of, in arthroscopic ankle arthrodesis, 163–165
  - location of
    - relative to the heel, 203
    - relative to the subtalar joint posterior portal, 3
  - pathology of
    - etiology, 232
    - indications for endoscopic treatment, 226
    - rupture of, magnetic resonance imaging of, 81
    - tear of, symptoms, 57–59
    - Thompson's test for evaluating, 45–47
    - See also* Trans-Achilles tendon (TAT) portal
- Achillotendoscopy, for managing retrocalcaneal bursitis, 223, 226–230
- Adaptation to function, as the third phase of rehabilitation after surgery or injury, 277
- Aiming devices, for ankle arthroscopy, 96–97
- Ambulatory surgery center (ASC), Medicare-certified, for office arthroscopy, 259–260
- American Board of Orthopaedic Surgery (ABOS), requirement for pictorial documentation of arthroscopic findings, 93
- American Heart Association, recommendations for resuscitative equipment when local anesthesia is administered, 267
- American Society of Anesthesiologists (ASA), classification of patients, 258
- Amides, anesthetic
  - characteristics of, 265
  - specific, 267
- Anatomic landmarks
  - of the heel, posterior aspect, 203
  - identifying and marking, prior to arthroscopy, 157
  - identifying the operative extremity, in preoperative management, 262
  - for tarsal tunnel release, 242
- Anatomy
  - arthroscopic
    - of the ankle, 29–35
    - of the calcaneocuboid joint, 16–17
    - of the metatarsophalangeal joint, 15–16
    - of the plantar fascia, 12–13
  - endoscopic, of the retrocalcaneal bursa, 7–9
  - of the foot, 1–18
  - gross
    - of the ankle, 19–29
    - of the calcaneocuboid joint, 16
    - of the metatarsophalangeal joint, 13–15
    - of the plantar fascia, 9–12
    - of the retrocalcaneal bursa, 7–9
    - of the subtalar joint, 1–6
  - mapping, in calcaneocuboid joint treatment, 216
  - of the os trigonum, 191–193
  - of the posterior heel, 202
  - of the right ankle tendons, 224
  - of the subtalar joint, 175–176
  - surface, of the ankle, 19
- Anesthesia
  - for ankle arthroscopy, 87–88
    - in the office setting, 260–261
  - local, injection of
    - for diagnosing joint pain, 50
    - for diagnosing soft tissue impingement, 102
  - regional, for ankle arthroscopy, 265–269
- Ankle
  - diagnosing pathologic processes in, 49–55
  - forces on, during gait, 275–276
  - fusion of, in posttraumatic degenerative change, 158
  - Ankle arthrodesis, arthroscopic, 163–173

- Anterior cruciate ligament drill guide, for transmalleolar drilling, 34–35
- Anterior drawer maneuver  
for testing inversion ankle sprains, 51–52  
for testing the anterior talofibular ligament, 45–46, 69–70
- Anterior portal  
at the ankle, 29–31  
to the subtalar joint, 3–4  
placing an arthroscope through, 5–6
- Anterior talofibular ligament (ATFL), stress test for evaluating, 45–46, 69–70
- Anterocentral (AC) portal, contraindications to use of, 20, 31
- Anteroinferior tibiofibular ligament, impingement of, on the neck of the talus, 101
- Anterolateral (AL) portal  
in acute ankle fracture treatment, 150–151  
at the ankle, diagnostic use of, 29–31  
for ankle arthrodesis, 165  
creating, surgical technique, 107  
for excising a posteromedial lesion of the talus, 143
- Anterolateral quadrant of the ankle, 50–53
- Anteromedial (AM) portal  
in acute ankle fracture treatment, 150–151  
for ankle arthrodesis, 165  
creating, surgical technique, 107  
diagnostic, for ankle joint access, 29–30  
for excising a posteromedial lesion of the talus, 143  
location of the saphenous nerve relative to, 20
- Anteromedial impingement, 102
- Anteromedial quadrant of the ankle, diagnosing pathologic processes in, 49–50
- Anteroposterior view of the ankle, conventional radiography, 63–64
- Antibiotics, prophylactic  
in arthroscopic subtalar arthrodesis, 186–188  
in arthroscopic treatment of soft tissue impingement lesions, 106
- Arthritis  
degenerative, in osteochondritis dissecans and talar dome fractures, 135  
infectious, metatarsophalangeal joint, arthroscopic management of, 213  
posttraumatic and degenerative, 130–131  
rheumatoid, 109
- Arthrodesis  
arthroscopic ankle  
in combined lesions of the dome and plafond, 118  
rehabilitation in, 283  
arthroscopic subtalar, 181, 183–190
- Arthrofibrosis, 105–106  
results of treatment of, 160  
of the subtalar joint, arthroscopic excision in, 180
- Arthrogram, osteochondral lesion identification with, 115
- Arthrography  
ankle, evaluation using, 70–71  
double-contrast, for osteochondritis dissecans evaluation, 133  
magnetic resonance, 82–84
- Arthroscopes, 92–93
- Arthroscopic portals, to the subtalar joint, 1–5
- Arthroscopic subtalar arthrodesis (ASTA), 183–190
- Arthroscopy  
diagnostic, in treatment of soft tissue impingement lesions, 108  
foot and ankle, in an office setting, 257–263  
for osteochondritis dissecans and talar dome fracture management, 135–147  
of the posterior heel, 201  
procedure for os trigonum excision, 195–199  
for soft tissue impingement lesion management, 106–109  
subtalar, in preparation for excision of the os trigonum, 7
- Arthroscopy Association of North America (AANA), 183–190
- Arthrosis, of the first metatarsophalangeal joint, diagnostic arthroscopy in, 207
- Arthrotomography, for osteochondritis dissecans evaluation, 133
- Articular cartilage, iatrogenic injury to, preventing with distraction, 90
- Athletes  
ankle sprain in, 99  
soft tissue impingement lesions, results of arthroscopic treatment of, 108–109  
functional assessment of symptoms of, 46  
sports prone to syndesmotic injuries, 104  
synovitis in, 102–103
- Balance  
between antagonistic muscles, 273  
balance-board exercises to improve, 277–278  
between peroneal tendons and posterior tibial tendons, 230–233
- Ballet dancers  
pain of, and limitation of dorsiflexion in the first metatarsophalangeal joint, 207  
posterior impingement symptoms in, 102
- Banana knife, for dissection of an ossicle, 125, 197
- Bassett's ligament, 101
- Bicarbonate, effect of, on anesthetic function, 266
- Bier block, intravenous regional anesthesia, 269
- Bone cysts, interosseous, about the ankle, 130
- Bone grafting  
in osteochondral lesions  
need for a tunnel in the medial malleolus, 140–141  
without traversing the medial malleolus, 142–143  
talar, rehabilitation period, 146
- Bone scan  
for detecting osteophytes, 128  
to differentiate between normally fragmented sesamoid bone and fractures, 209–210  
for identifying structural abnormalities, 71–72
- Broden view, of the subtalar joint, 66
- Bupivacaine (Nesacaine, Sensorcaine)  
intraarticular injection of, 261  
as a local anesthetic, 267
- Bursitis, retrocalcaneal. *See* Retrocalcaneal bursitis
- Calcaneal pin, for lateral ankle distraction, 35
- Calcaneocuboid joint  
anatomy of, 16–17  
arthroscopy at, 215–218
- Calcaneofibular (CF) ligament, laxity of, 51

- Calcaneus**  
 anterior process of  
   fracture of, 51–52  
   tenderness over, 56–57  
 fractures of, 51–52  
   open reduction of, 183  
   subtalar pathology following, 185  
 posterior border of, 57–59  
 of the subtalar joint, posterior, 1
- Calf muscle training, 220–221**
- Cannula system, interchangeable, moving the arthroscope, 93**
- Carbon dioxide, for distension in arthroscopy, comments, 93**
- Carbon dioxide laser, historic use of, 247**
- Cardiopulmonary resuscitation, equipment for, 261**
- Cardiovascular toxicity, of local anesthetics, 266**
- Cartilage, assessing with magnetic resonance imaging, 115**
- Cedell fracture, 228**
- Central nervous system (CNS) toxicity of local anesthetics, 266**
- Central portal, contraindication to use of, in ankle arthrodesis, 170**
- Charge-coupled device (CCD), video camera for arthroscopy, 93**
- Charnley apparatus, contraindication to use of in ankle arthrodesis, 170**
- Chondral debris, removal of, 119**
- Chondral fractures, assessment of, 180**
- Chondral lesions, magnetic resonance arthrography of, 82–84**
- Chondromalacia, treatment of, 118–119**
- Chopart's articulation, calcaneocuboid joint of, 16**
- Clinical application, of computed tomography, 74**
- Coalition**  
   osseous, fibrous, and osteocartilaginous, in foot and ankle pain, 79  
   talocalcaneal, magnetic resonance imaging of, 80
- Cobey view, of the subtalar joint, 67**
- Collagen, structure of, 252**
- Combinations, effect of, on anesthetic function, 266**
- Complications**  
   of anterocentral portal use, at the ankle, 31  
   of arthroscopy  
     of acute fractures, 152–154  
     ankle, 152  
     of the calcaneocuboid joint, 217–218  
     in chronic fractures and postfracture defects, 158  
     of the first metatarsophalangeal joint, 212  
     in os trigonum excision, 199  
     of the posterior subtalar joint, 181  
     in resection of Haglund's deformity, 205–206  
     of soft tissue impingement lesions, 109  
     in subtalar arthrodesis, 189  
   of endoscopic plantar fasciotomy, 239  
   of hindfoot endoscopy, 228  
   of medial malleolar drill hole use, 140–141
- Computed tomography (CT), 73–77**  
   to confirm subtalar pathology, 185  
   in osteochondritis dissecans evaluation, 133
- Congenital deformities, association with tarsal tunnel syndrome, 241–242**
- Contraindications**  
   to arthroscopic subtalar arthrodesis, 185–186  
   to arthroscopy  
     of acute ankle fractures, 149–150  
     of the calcaneocuboid joint, 216  
     of chronic fractures, 156  
     of the foot and ankle, in the office, 257–258  
   to computed tomography imaging, 74  
   to endoscopic plantar fasciotomy, 235  
   to endoscopic tarsal tunnel release, 242  
   to invasive distraction for arthroscopy, 90–91  
   to noninvasive distraction for arthroscopy, 90  
   *See also Risks*
- Control of noninvasive distraction, with a Guhl distractor, 90**
- Corticosteroid injection, into a tendon sheath, atrophic tendon rupture from, 103**
- Cost, of radiofrequency versus laser systems, 255**
- Cryotherapy, to reduce hemorrhage, inflammation, edema and pain, 278**
- Cuboid syndrome (CS), defined, 215**
- Curettes, for ankle arthroscopy, 94–95**
- Dancers, tendinitis of the flexor hallucis longus tendon in, 55.**  
   *See also Athletes; Ballet dancers*
- Débridement**  
   in arthroscopic ankle arthrodesis, 165–166  
     with a holmium:yttrium-aluminum-garnet laser, 250–251  
   in arthroscopic subtalar arthrodesis, 187  
   in osteochondral lesion management, 137–143
- Degeneration**  
   arthritic, in osteochondritis dissecans and talar dome fractures, 135  
   arthroscopic examination of the subtalar joint to confirm, 180  
   local, in Achilles tendinosis, 220
- Deltoid ligament**  
   of the ankle, 23  
   injuries to  
     magnetic resonance arthrography of, 82–84  
     medial impingement from, 102  
   insufficiency of, symptoms, 50
- Diagnosis**  
   of chondral defects of the plafond, 116–117  
   of cuboid syndrome, 215  
   of posterior ankle impingement, 220  
   of symptomatic os trigonum, 192–194
- Differential diagnosis**  
   of cuboid syndrome, 216  
   of the foot and ankle, for arthroscopic-endoscopic surgery, 39–61  
   of Haglund's deformity and retrocalcaneal bursitis, 202  
   of osteomyelitis compared with cellulitis, 72  
   of pain with forced plantar flexion, 103
- Distal lower extremity syndesmosis (DLES), radiography of, 66**
- Distension in arthroscopy**  
   of the ankle, for removing loose bodies, 121  
   of the calcaneocuboid joint, with fluid, 216  
   of the subtalar joint, with fluid, 179
- Distraction**  
   in arthroscopy of the ankle, 35–36, 150  
   with an anterolateral portal, 29  
   from positioning of the patient, 88–92  
   for removing loose bodies, 121

Distraction (*continued*)

- Guhl ankle distractor, 89–91, 140
- invasive, 90–91
- manual, for visualizing the metatarsal head and first phalanx, 211–212
- medial, 92
- noninvasive, 89–90
  - in arthroscopic ankle arthrodesis, 164–165
  - during arthroscopy of chronic fractures, 157
  - in arthroscopy of the ankle, 106
  - in arthroscopy of the ankle, to remove osteophytes, 128
  - in treatment for transchondral fractures of the talus, 147
- skeletal, in use of the subtalar joint middle portal, 4

## Dorsalis pedis artery

- in the anterior neurovascular bundle of the ankle, 20
- palpitation of, in a physical examination, 44–45

## Dorsiflexion of the ankle joint

- measuring, 41
- pain during, 50

## Dosage, effect on anesthetic function, 266

## Drilling

- drill guide, for transmalleolar drilling, 34–35
- Ferkel guide for, 140
- in osteochondritis dissecans, 117
- retrograde, of posteromedial osteochondritis dissecans lesions of the talar dome, 141–142
- technique for, in treating posteromedial lesions of the talus, 143–146

*See also* Kirschner wire

## Dynamometer training, in the second phase of rehabilitation, 277

## Ecchymosis, at the site of acute injury, 40

## ECTRA system, use of, in endoscopic tarsal tunnel release, 242

## Edema, evaluating, 40

## Effusion, preventing to improve muscle strength, 277

## Electromyographic activity, during gait, 276

## Endoscopic plantar fasciotomy (EPF), 235–240

## Endoscopic tarsal tunnel release (ETTR), 241–245

## Endoscopy

- for excision of Haglund's deformity and retrocalcaneal bursitis, 201–206
- for plantar fascial release, risks of, 12–13
- for posterior ankle pain management, 219–234

## Enthesopathy, detecting with bone scans, 71

## Equipment

- for arthroscopic ankle arthrodesis, 163–167
- for arthroscopy, 87, 262
  - monitoring in the office setting, 261
  - in the office setting, 260
- for local anesthetic use, 267

*See also* Instrumentation

## Esters

- anesthetic, specific, 266
- characteristics of anesthetic, 265

## Etidocaine (Duranest), as a local anesthetic, 267

## Etiology

- of Achilles tendon pathology, 232
- of osteochondritis dissecans, 132
- of tarsal tunnel syndrome, 241–242

## Examination

- arthroscopic, in treatment of acute ankle fractures, 151
- for arthroscopic-endoscopic surgery, 39–61
- External compression, to reduce blood flow and edema, in injured tissues, 278
- Extraarticular fractures, displaced, evaluation of damage in, 154–155

## Facility, for arthroscopy in the office setting, 258–260

## Fasciitis, plantar, symptoms of, 59–60

## Feedback regulation of temperature, in radiofrequency device use, 253–254

## Fentanyl for sedation, in office arthroscopy, 261

## Ferkel guide, in drilling an osteochondral ankle lesion, 140

## Fiberoptic cable, of a holmium laser device, 247

## Fibula, fracture of

- displaced, causing intraarticular pathology, 149
- from inversion injuries, 51

## Fixation, in arthroscopic subtalar arthrodesis, 188

## Fixator, use as an invasive distractor, in arthroscopic treatment of ankle fractures, 150

## Flexor digitorum brevis, damage to, in endoscopic plantar fascial release, 13

## Flexor hallucis longus tendon

- damage to, in os trigonum excision, 199
- posteromedial symptoms in, 55
- tendinitis of, association with posterior ankle impingement syndrome, 220
- tenosynovitis of, as a cause of pain in athletes, 231

## Fluid inflow and outflow, in arthroscopy of acute fractures, 152–153

## Flumazenil (Maxicon), for reversing the effects of midazolam, 261

## Fluoroscopy, to confirm portal location, 186

## Foot, stability of, during gait, 275

## Forceps, basket, 94

## Forces on the ankle during gait, 275

## Fracture

- acute, 149–156
- chronic, and postfracture pathology, 156–160
- of the fibula
  - displaced, causing intraarticular pathology, 149
  - from inversion injuries, 51
- problems with, 149–162
- of the talar dome, 27
- transchondral, of the talus, 132
  - results of arthroscopic treatment of, 144–147

*See also* Stress fracture

## Free beam mode, of a holmium laser, 248

## Friction massage, to improve range of motion, 276–277

## Frier dissecting instrument, 125

## Function

- adaptation to, as the third phase of rehabilitation, 277
- assessment of, dynamic, 45–46
- functional training, as the second phase of rehabilitation, 277
- of local anesthetics, 265–266

## Functional exercises, sports-specific, 283

## Fusion, time to

- in arthroscopic ankle arthrodesis, 172
- in arthroscopic subtalar arthrodesis, 189

- Gait cycle, description of, 274–276
- Goals of rehabilitation after ankle arthroscopy, 271–285
- Grading of tendon injuries, 79–80. *See also* Staging
- Graspers, for ankle arthroscopy, 95–96
- Guhl ankle distractor, 89–91
  - in drilling or pinning medial osteochondral ankle lesions, 140
- Haglund's deformity
  - endoscopic calcaneoplasty for, 9
  - endoscopy for excision of, 201–206
  - pain in the retrocalcaneal region associated with, 53
  - symptoms of, 57–59
- Hallux limitus, symptoms of, 60–61
- Hallux rigidus, etiology of, 210
- Hand instruments, for arthroscopy, 94–97
- Harris-Beath view, of the heel, 67
- Heat ablation, for débridement of joint surfaces,
  - contraindication to, 170
- Heat application, superficial, in rehabilitation, 278–279
- Heel
  - examination and differential diagnosis of pain in, 57–60
  - posterior tangential view of, conventional radiography of, 67
- Hemarthrosis, chronic conditions following, 99
- Hematoma, postoperative, secondary to débridement of scar tissue, 158
- Hemophilic arthropathy, of the ankle, 110
- Hindfoot, endoscopy of, for posterior ankle pain, 219–234
- Hypertrophic tendinopathy, lateral ankle instability associated with, 221
- Iatrogenic injury
  - to articular cartilage, preventing, 90
  - risk of, in establishing arthroscopic portals, 29
- Images, computed tomography versus magnetic resonance imaging, 73–74
- Imaging techniques, 63–85
- Immobilization
  - after surgery or injury, period of, 277
  - of the talocrural joint, in arthrodesis of the ankle, 283
  - to treat osteochondral fractures, 134–135
- Impingement
  - anterolateral, 99–102
  - dorsal, on the big toe, 207–208
  - medial, 102
    - after lateral ankle sprain, 119
  - magnetic resonance imaging evaluation of, 79
  - posterior ankle, 219–220
    - endoscopic treatment of, study, 225–226
    - soft tissue lesions in, 102–103
  - posttraumatic, in chondral fracture of the talus or vertical fracture of the distal fibula, 149
  - syndesmotic, 103–105
    - excision of, arthroscopically, 108
- Incidence, of osteochondritis dissecans, 132
- Indications
  - for arthroscopic subtalar arthrodesis, 185
  - for arthroscopy
    - of acute ankle fractures, 149
    - of the calcaneocuboid joint, 215–216
    - of chronic ankle fractures, 156
    - of the foot and ankle, in the office, 257–258
    - of the metatarsophalangeal joint, 207–210
    - of the subtalar joint, 179
  - for endoscopic plantar fasciotomy, 235
  - for endoscopic tarsal tunnel release, 241–242
  - for excision, in Haglund's disease, 201–202
- Infection, magnetic resonance imaging for detecting, 81
- Inflammatory conditions
  - diagnosis and treatment of, 180
  - disorders of the joints, 109–112
  - See also* Arthritis; Joint disease
- Inflow system, in arthroscopy for visualization, 93–94
- Informed consent, for anesthesia, 267
- Injury
  - mechanism of, in osteochondritis dissecans, 132
  - proprioceptive deficit due to, 274
- Instability, chronic, of the subtalar joint, 181
- Institutional Review Board, approval for magnetic resonance arthrography, 82
- Instrumentation
  - for arthroscopic resection
    - of Haglund's deformity and retrocalcaneal bursitis, 202
    - of the trigonal process, 195
  - for arthroscopy, 92–97
    - of the calcaneocuboid joint, 216–217
    - of the small joints of the foot, 215
    - in subtalar arthrodesis, 186–187
    - of the subtalar joint, 177–178
  - See also* Equipment
- Intraarticular damage
  - associated with ankle sprains, 149
  - fixing or excising fragments in acute ankle fractures, 151–152
- Intraarticular injection of bupivacaine, 261
- Intravenous access for administering sedative agents, 267
- Isherwood view of the subtalar joint, 67
- Joint disease
  - degenerative, presentation of, 50–51
  - inflammatory conditions, 109–112
    - subtalar, 180
  - See also* Arthritis
- Joint effusion, reduction in muscle activation ability due to, 273
- Joint mobilization, to improve range of motion, 276
- Juvenile Tillaux fracture, 51
- Juxtaarticular cysts, of the plafond, treatment of, 130
- Kinematics
  - ankle joint, alteration from disruption of the anterior tibiofibular ligament, 100
  - studies of, using magnetic resonance imaging, 82
- Kirschner wire, for drilling
  - in treatment of plafond defects, 117
  - in treatment of talar dome chondral lesions, 116, 136–143
- Kissing lesion, management of, 129
- Knee, use of the holmium:yttrium-aluminum-garnet laser for surgery in, 250
- Knives
  - for ankle arthroscopy, 94
  - banana, for dissection of an ossicle, 125, 197

- Lambotte osteotome, 197
- Laser
- for dissection of an ossicle, 128
  - holmium:yttrium-aluminum-garnet
    - for arthroscopic surgery, 247–252
    - to débride the calcaneocuboid joint, 217
    - for treating ankle pathology, 161
    - to trim the margin in treating talar dome deficits, 116
    - use in ankle arthroscopy, 123–124
  - neodymium:yttrium-aluminum-garnet, 248–249
- Lateral ankle instability, peroneal tendon disorders associated with, 221
- Lateral distraction, for arthroscopy, 91–92
- Lateral view of the ankle, conventional radiography, 63–65
- Laxity, assessing
- of the anterior talofibular ligament, 51
  - in foot and ankle examination, 43
- Lesions, posttraumatic, 99–106
- Lidocaine (Xylocaine)
- injection of
    - to confirm posterior ankle impingement, 103
    - into portal sites, 261
  - as a local anesthetic, 267
- Ligaments
- of the ankle, 21–29
    - repairing, instrumentation for, 97
  - anteroinferior tibiofibular, impingement on the neck of the talus, 101
  - anterior cruciate, 34–35
  - anterior talofibular, 69–70
    - evaluating, 45–46
  - calcaneofibular, laxity of, assessing, 51
  - injuries to
    - magnetic resonance arthrography of, 82–84
    - magnetic resonance imaging of, 78–79
  - lateral malleolus, extraarticular ligaments originating in, 23
  - spring, of the subarticular joint, 1
  - of the subtalar joint, 175
  - See also* Deltoid ligament; Tibiofibular ligament
- Light source, managing in the operating room, 93
- Lipid solubility, and potency of anesthetics, 265
- Local anesthetics, 265–266
- Location, of osteochondritis dissecans, 133
- Locomotion, restoration of, 274–276
- Loose body
- entrapped, diagnosing and removing, 123–124
  - magnetic resonance arthrography of, 82–84
  - in metatarsophalangeal joints, 60
    - removal of, 213
  - in osteochondral lesions, 50
    - early observation of, 132
    - removal of, 120–123
  - in synovial chondromatosis, 112
- Magnetic resonance imaging (MRI)
- in Achilles tendinitis with tendinosis, 220
  - for diagnosis
    - of osteochondral defects, 115
    - of paratendinitis, 226
    - of synovial chondromatosis, 112
  - for evaluating soft tissue injuries, 74–84
    - of an osteocartilaginous defect of the central talus, 137–139
    - three-dimensional, 82
- Malleolus, 23–27
- lateral, pain and swelling over, 226
  - lateral and medial, surgery involving, 230–232
- Mechanical properties, of collagen after heat treatment of, 253
- Mepivacaine (Carbocaine), as a local anesthetic, 267
- Metatarsophalangeal (MTP) joints
- connection with the plantar fascia, 10–12
  - first
    - anatomy of, 13–16
    - arthroscopy of, 207–214
  - medial, 60
  - pathology of, 60–61
  - plantar, pathology of, 60–61
- Midazolam, for sedation, in office arthroscopy, 261
- Middle portal, to the subtalar joint
- establishing, 4–5
  - instrumentation through, 6
- Monitored anesthesia care (MAC), techniques in, 261
- Monofilaments, Semmes-Weinstein, identifying neuropathy with, 45
- Morbidity, in arthroscopic ankle arthrodesis versus open fusion, 171
- Mortise view, of the ankle, conventional radiography, 65–67
- Motion, relearning patterns of, after injury or pain, 274. *See also* Range of motion
- Motorized instruments, for ankle arthroscopy, 97
- Muscle strength, rehabilitation to restore, 272–273
- modalities, 277–278
- Muscle wasting, from inactivity, 273
- Naloxone (Narcan), for reversing the effect of fentanyl, 261
- National Television Systems Committee (NTSC) standard, for video monitors phase alternating line (PAL), 93
- Needles, of peripheral nerve blockade, 267
- Neodymium:yttrium-aluminum-garnet laser, 248–249
- Neoplastic disorders, arthroscopic treatment of, 110
- Nerve
- plantar
    - relationship with the tibial nerve, 10–11
    - risk to, in endoscopic approach to the retrocalcaneal bursa, 7–9
  - tibial posterior, 20
    - technique for anesthetizing, 268–269
  - See also* Peroneal nerve; Saphenous nerve; Sural nerve
- Nerve blocks, at the knee, 268–269
- Nerve conduction velocity (NCV) studies, 242
- Nerve entrapment, in arthroscopic resection of Haglund's deformity, 205–206
- Neural activation
- functional and dynamometer training for increasing, 277
  - in the second phase of rehabilitation, 277
- Neuritis, with pain in the anteromedial quadrant of the ankle, 50
- Neuropathic disease, degenerative, loss of proprioception in, 274
- Neurovascular examination, 44–45
- Neurovascular structures
- of the ankle, 19–20

- damage to, in arthroscopy for chronic fracture management, 158  
 Normal function, expectation of, after arthroscopic surgery, 279–283  
 Notch of Harty  
   anterior tibial, advancing instrumentation through, 29–30  
   anteromedial, 27  
   medial, inserting an arthroscope through, 107  
 Nuclear medicine  
   for evaluating diseases of the foot and ankle, 71–72  
   radioactive synovectomy, 110  
 Nurse, training and experience of, for arthroscopy, 87  
  
 Observation, in foot and ankle examination, 39–40  
 Open approach  
   to fractures, in addition to arthroscopic treatment, 152  
   for os trigonum excision, compared with arthroscopic surgery, 199  
 Operating room, setup for arthroscopy, 87  
 Operative extremity, identification of, in preoperative management, 262  
 Operative technique  
   for arthroscopic ankle arthrodesis, 163–167  
   for arthroscopic treatment of first metatarsophalangeal joint, 210–212  
   for endoscopic management of posterior ankle pain, 222–225  
   *See also* Surgical technique  
 Oratec radiofrequency device, 252  
 Osseous structures of the ankle, 23–29  
 Ossicles, 124–128  
 Osteochondral lesions  
   arthroscopic identification of, study, 154–155  
   endoscopic management of, outcomes, 230–231  
   evaluating, 49–50  
   posterior impingement, treatment of, 130  
 Osteochondral pathology, 115–148  
 Osteochondritis dissecans (OCD), 132–147  
   diagnosing, 49–50  
   drilling in, 117  
   in the first metatarsophalangeal joint, 208–209  
     results of arthroscopy in, 212–213  
   lesions of  
     at the lateral border of the talus, 50–53  
     medial talus, presentation of, 54–55  
   loose bodies in, treating, 122  
   of the talus  
     arthroscopic management of, without distraction  
     noninvasive distraction in management of, 147  
 Osteophytes, 128–130  
   arthroscopic removal from the metatarsophalangeal joint, 213  
 Osteotomes, for ankle arthroscopy, 96  
 Os trigonum  
   anatomy of, 6–7  
   arthroscopic excision of, 191–199, 229–231  
   lesions involving, 130  
   painful, arthroscopic evaluation and management of, 181  
   symptomatic  
     posterolateral, 53  
     presentation in dancers, 55  
  
 Overload, risk of, in compensating for deficient muscles, 273  
 Overuse  
   of the Achilles tendon, 220–221  
   posterior ankle impingement syndrome caused by, 219–220  
  
 Pain  
   anterolateral  
     evaluation of, 46  
     nerve injury presenting as, 53  
   anterolateral impingement lesions causing, 100  
   arising from the synovial folds of the ankle, 23  
   in arthritis, as an indication for arthroscopic subtalar arthrodesis, 185  
   in degenerative joint disease, 50  
   evaluation of, in a physical examination, 40  
   as an indication for arthroscopy of chronic ankle fractures, 156  
   plantar heel, 59–60  
   in posterior ankle syndrome, 219–220  
   with posterior soft tissue impingement, 103  
   referred, significance of, 47  
   relief of, with heating, 279  
   retrocalcaneal, due to bursitis, 53  
   at the tibiotalar joint, ankle arthrodesis to relieve, 163  
 Palpation, for foot and ankle evaluation, 40  
 Paratendinitis  
   defined, 220–221  
   indication of endoscopic release of, 226  
 Paratenon, pathologic, removal of, 223–224  
 Pathology  
   changes in osteochondritis dissecans, 135  
   compensatory, evaluating in a physical examination, 48–49  
   soft tissue, 99–114  
 Patient  
   endoscopic hindfoot procedure study, 225–228  
   positioning of  
     for arthroscopy, 87–89, 163  
     in the office setting, 263  
   selection of, for office foot and ankle arthroscopy, 257–258  
 Periarticular hindfoot pathology, endoscopy for, diagnosis and treatment, table, 227  
 Peritendinitis  
   indication for endoscopic calcaneoplasty in, 226  
   operative technique for managing, 223–224  
   from posttraumatic posterior tibial tendon dysfunction, 230–231  
 Peritendinium, inflamed, resection of, 229–231  
 Peroneal brevis tendon, longitudinal rupture of, repairing, 226–229  
 Peroneal brevis tendonitis, associated with arthroscopy of the calcaneocuboid joint, 217–218  
 Peroneal nerve  
   in the anterior neurovascular bundle of the ankle, 23  
   deep  
     neuritis of, identifying, 50  
     technique for anesthetizing, 267–268  
   risk to, on entry to the subtalar joint anterior portal, 3  
   superficial  
     risk to, from an anteromedial portal, 20  
     technique for anesthetizing, 267–268

- Peroneal tendons  
 damaging in os trigonum excision, 199  
 disorders of, 221–222  
 location of the sheath of, relative to the subtalar joint  
 posterior portal, 2–3  
 pathology of, 53–54
- Peroneal tendoscopy, 225
- Peroneal tertius tendon, risk to, on entry to the subtalar joint  
 anterior portal, 3
- Personnel  
 for monitoring, in office arthroscopy, 261–262  
 for office arthroscopy, 261–262
- Pes planus valgus, evaluating, 40
- Phase alternating line (PAL), video monitor standard, 93
- Physical examination, principles of, 39–46
- Physical therapy, following arthroscopic treatment of soft tissue impingement lesions, 108. *See also*  
 Rehabilitation
- Pigmented villonodular synovitis (PVNS), management of, 111
- Pinning  
 absorbable pins for reattaching chondral fragments to underlying bone, 137  
 arthroscopic  
 for ankle arthrodesis, 166–169  
 for osteochondritis dissecans lesions, 137–143, 141–142  
 for talar dome lesions, 137–143  
 calcaneal, for lateral ankle distraction, 35  
 Steinmann pin fixation, 154, 169  
 tibial  
 for lateral ankle distraction, 35  
 for medial ankle distraction, 35
- pKa of drugs, effect on onset of action, 265
- Plafond, lesions of, 116–117  
 combined with lesions of the talar dome, 118
- Plantar compartment, pathology of, portals used in managing, 213
- Plantar fascia, gross anatomy of, 9–13
- Plantar fasciotomy, endoscopic, 235–240
- Plantar flexion, of the ankle joint  
 for diagnosing neuritis, 50  
 measuring, 41–43
- Plantar nerve  
 relationship with the tibial nerve, 10–11  
 risk to, in endoscopic approach to the retrocalcaneal bursa, 7–9
- Plicae  
 of the ankle, 23–27  
 congenital, 110
- Portal anatomy of the ankle, 29
- Portals  
 anterior arthroscopic, for drilling or pinning osteochondral lesions, 137  
 arthroscopic  
 to the metatarsophalangeal joint, 15–16  
 placing, 236–237  
 placing for os trigonum excision, 195  
 to the posterior subtalar joint, 175–177  
 injection of bupivacaine at the sites of, 261  
 to the subtalar joint, establishing, 186–187  
*See also* specific locations for portals
- Porta pedis, dissection of, in endoscopic tarsal tunnel release, 243–244
- Posterior ankle impingement syndrome, endoscopic treatment of, study, 225–226
- Posterior facet, nonunions of, treatment of, 130
- Posterior impingement  
 ankle, 219–220  
 endoscopic treatment of, study, 225–226  
 soft tissue lesions in, 102–103
- Posterior portal  
 at the ankle, 31–34  
 to the subtalar joint, 1–3  
 placing instruments through, 5–6
- Posterior tibial nerve, technique for anesthetizing, 268–269
- Posterolateral (PL) portal  
 in acute ankle fracture treatment, 150–151  
 ankle, location of, 31–32  
 creating, surgical technique, 107–108  
 for fluid outflow, in ankle arthrodesis, 165  
 in treatment for transchondral fractures of the talus, 147
- Posterolateral quadrant, of the ankle, 53–54
- Posteromedial (PM) portal, 22, 29  
 ankle, contraindications to use of, 32–33
- Posteromedial quadrant, of the ankle, 54–55
- Postoperative care  
 in arthroscopy  
 in the office setting, 263  
 of the posterior subtalar joint, 179  
 in endoscopic plantar fasciotomy, 239  
 in excision of the os trigonum, 198–199  
 after reconstruction of posteromedial lesions of the talus, 143–146
- Postsurgical periods in rehabilitation, 277
- Posttraumatic disorders  
 adhesions following minor injuries to the ankle, 105–106  
 arthroscopic exploration of the subtalar joint in, 179–180  
 as an indication for arthroscopic subtalar arthrodesis, 185
- Preoperative care, in office arthroscopy, 262
- Prilocaine (Citanest), as a local anesthetic, 267
- Probes, for ankle arthroscopy, 94
- Procaine (Novacaine), for local anesthesia, 266
- Process, of magnetic resonance imaging, 76–78
- Processes, of the subtalar joint, posteromedial and posterolateral, 6–7
- Prognosis, in surgery for ankle adhesions and arthrofibrosis, 106
- Proprioception  
 rehabilitation to improve, 277–278  
 rehabilitation to restore, 274  
 exercises for, 279–283
- Proprioceptive neuromuscular facilitation (PNF), 276
- Protein binding, and potency of anesthetics, 265
- Pseudoaneurysm, of the dorsalis pedis artery, 31
- Psychological makeup, of patients selected for office arthroscopy, 258
- Pump systems, arthroscopic, evaluation of, 94
- Radioactive synovectomy, 110
- Radiofrequency devices, 252–255  
 for shrinking tissue and coagulation, in endoscopic tarsal tunnel release, 247

- Radiography  
 conventional, 63–70  
 for confirming subtalar pathology, 185  
 for follow-up assessment of arthroscopic subtalar arthrodesis, 188–189  
 for osteochondritis dissecans evaluation, 133  
 to rule out bony pathology in treating syndesmotic impingement lesions, 105  
 to rule out os trigonum or loose bodies in pain with plantar flexion, 103  
 for talar dome deficit evaluation, 115  
 view of Kirschner wires, 139–141
- Radionuclide imaging  
 of bone, using technetium-99m, 71–72  
 studies in soft tissue pathology, 101
- Range of motion  
 evaluating in a physical examination, 40–43  
 rehabilitation modalities for improving, 276–277  
 restoring after arthroscopic surgery, 271–272  
 exercises for, 279
- Rasps, for ankle arthroscopy, 95
- Rating score, ankle, for outcomes of surgery, 108–109
- Reference point, anatomic, first intermuscular septum, 238
- Referred pain, significance of, evaluating, 47
- Reflex inhibition, avoiding, to improve muscle strength, 277
- Regional examination, of the foot and ankle, 46–61
- Rehabilitation  
 activities after ankle arthroscopic surgery or injury, table, 280  
 after ankle arthroscopy, 271–285  
 after excising posteromedial lesions of the talus, 144–146  
 practical, 279–283  
 after treatment of osteochondral defects of the plafond, 117
- Relearning, in proprioceptive rehabilitation, 277–278
- Repair instrumentation, in arthroscopy, 97
- Resolution, of video monitors, for arthroscopy, 93
- Results  
 of arthroscopic ankle arthrodesis, 167–170  
 of arthroscopic débridement of the plafond, 117  
 of arthroscopic excision  
 of anterolateral soft tissue impingement lesions, 108–109  
 of os trigonum, 199  
 of posteromedial lesions of the talus, 146–147  
 of arthroscopic subtalar arthrodesis, 188–189  
 of arthroscopy  
 of acute ankle fractures, 154–156  
 of the calcaneocuboid joint, 217–218  
 of chronic fractures and postfracture defects, 158–160  
 of the metatarsophalangeal joint, 212  
 in osteoarthritis management, 131  
 of the subtalar joint, 182  
 of endoscopic management of periarticular hindfoot pathology, 228  
 of endoscopic plantar fasciotomy, 239  
 of endoscopic tarsal tunnel release, 244–245
- Resuscitative equipment availability, and local anesthetic use, 267
- Retrieving instruments, equipment for, in arthroscopy, 97
- Retrocalcaneal bursa, anatomy of, 7–9
- Retrocalcaneal bursitis  
 Achilles tendon, endoscopic treatment of, 226  
 Achillotendoscopy for management of, 223  
 endoscopic versus open treatment of, 231  
 endoscopy for excision of, 201–206  
 pain in, 53, 220–221  
 symptoms of, 59
- Revascularization, in Achilles tendinitis, 221
- Rheumatoid arthritis, 109
- Risks  
 associated with the anterior portal of the subtalar joint, 3–4  
 associated with the posterior portal of the subtalar joint, 3  
 in endoscopic plantar fascial release, 12–14  
 of iatrogenic damage, to subchondral bone in anterior portal instrumentation, 6  
 of invasive ankle distraction, 35–36  
 to the sensory nerves of the ankle joint, 19–20  
*See also* Complications; Contraindications
- Ropivacaine (Naropin), as a local anesthetic, 267
- Rotational movements, in walking, 274–275
- “Rule of thumb” method, for locating positioning a cannula for plantar fasciotomy, 237
- Running, kinematics of, 276
- Saphenous nerve  
 anatomy of, 20  
 neuritis of, identifying, 50  
 technique for anesthetizing, 268–269
- Saphenous vein  
 risk to, on entry to the subtalar joint anterior portal, 3  
 short, risk to, from a posterolateral portal, 20
- Scar tissue, development of, after ankle sprain, 100
- Sectional planes, in computed tomography, 73
- Semmes-Weinstein monofilaments, identifying neuropathy with, 45
- Sequences, for magnetic resonance imaging of the foot and ankle, 78
- Sequential Couleur à Mémoire (SECAM), video monitor standard, 93
- Sesamoiditis, 209–210
- Short tau inversion recovery (STIR) imaging, 77
- Shrinkage of collagenous tissue with heat, 252
- Single photon emission computed tomography (SPECT)  
 for detecting osteophytes, 128  
 for evaluating osteochondral defects of the plafond, 117
- Sinus tarsi, impingement of, anterolateral ankle pain due to, 52–53, 56, 100
- Sinus tarsi syndrome, arthroscopic diagnosis in, 181
- Skin temperature, evaluating, in physical examination, 40
- Socioeconomic advantages, of arthroscopic subtalar arthrodesis, 189–190
- Sodium channels of neurons, blocking by local anesthetics, 265–266
- Soft tissue  
 of the ankle, 19–23  
 resection of impingement lesions, 108  
 magnetic resonance imaging for evaluating injury to, 74–79  
 pathology of, 99–114  
*See also* Impingement
- Spin echo technique, description of, 76–77
- Sports, return to, after excision of posteromedial lesions of the talus, 144–146

- Sprains  
 ankle, magnetic resonance imaging in, 78–79  
 inversion  
   causing symptomatic os trigonum, 194  
   symptoms of, 51
- Spring ligament, of the subtalar joint, 1
- Staging, of osteochondral lesions  
   using appearance at surgery, 133–134  
   using computed tomography, 74–77
- Steinmann pin fixation  
   in ankle arthrodesis, 169  
   results of, 154
- Steri-Strips, in arthroscopic subtalar arthrodesis, 188
- Steroids, for management of posterior ankle impingement, 220
- Stieda's process (trigonal process), 130, 191–192  
   gross anatomy of, 6–7  
   resection of, 197–198
- Stiffness of the connective tissues, heat for decreasing, 279
- Strength testing in a physical examination, 43–44
- Strength training, exercises for, 279
- Stress fracture  
   calcaneal, differential diagnosis of, 53  
   metatarsal, edema in, 40  
   navicular, presentation of, 50
- Stress radiography, 67–70
- Stress test  
   eversion, of the deltoid ligament, 70  
   inversion, for conventional radiography, 69  
   subtalar, with the Telos device, 70
- Stretching, to improve range of motion, 276–277, 279
- Structure  
   chemical, of local anesthetics, 265–266  
   of osteochondritis dissecans lesions, and location on the talar dome, 132–133
- Subtalar arthrodesis, 181  
   arthroscopic, 183–190
- Subtalar joint  
   anatomy of, 1–6, 183–185, 271–272  
   computed tomography scans of, 161  
   conventional radiography of, 66–67  
   motion of  
     evaluating, 41–43  
     during walking, 275  
   posterior  
     approach with a holmium:yttrium-aluminum-garnet laser, 251  
     arthroscopy of, 175–182  
     endoscopy for treating pathology of, 232
- Subtalar pathology, 55–57
- Suction sign, in the anterior drawer test, 52
- Superficial peroneal nerve (SPN), traction injuries to, in inversion ankle sprains, 53
- Sural nerve  
   location of  
     in the posterolateral quadrant, 54  
     relative to the subtalar joint portals, 2–3  
   risk to  
     from portal placement in os trigonum excision, 199  
     from a posterolateral portal, 20  
   technique for anesthetizing, 268–269
- Sural neuroma, symptomatic, 59
- Surgery  
   open, for insertional tendinitis management, 221  
   for treating chronic fractures and postfracture pathology, 156–158  
   for treating osteochondral lesion of the talar dome, 135  
   *See also* Operative technique; Surgical technique
- Surgical technique  
   in arthroscopic subtalar arthrodesis, 186–188  
   in arthroscopic treatment  
     of acute ankle fractures, 150  
     of the calcaneocuboid joint, 216  
     of soft tissue impingement lesions, 106–108  
   in endoscopic excision of Haglund's deformity and retrocalcaneal bursitis, 202–205  
   for endoscopic plantar fasciotomy, 235–239  
   in endoscopic tarsal tunnel release, 242–244  
   in office arthroscopy, 263  
   for os trigonum excision, 194–199  
   *See also* Operative technique
- Synchondrosis, identifying the trigonal process of, 197
- Syndesmosis  
   chronic disruption, results of arthroscopic treatment, 160  
   integrity of, assessing, 66–67  
   open approach to, integrity of, 151
- Syndesmotoc complex, injuries to, magnetic resonance imaging in, 78–79
- Syndesmotoc impingement lesion, 103–105  
   excision of, arthroscopically, 108
- Synovectomy  
   arthroscopy for  
     in the ankle joint, 109  
     in the ankle joint, technique, 228  
     in the subtalar joint, 187  
     technique, 112–113  
   partial, to improve visualization in excising talar posteromedial lesions, 143  
   radioactive, 110
- Synovial chondromatosis, 111–112
- Synovial folds (plicae), 23–27  
   congenital, 110
- Synovial tissue, hypertrophic, excision of, 108
- Synovitis  
   chronic reactive, 103  
   crystalline, treating with arthroscopic lavage, 109–110  
   degenerative, posttraumatic, 110  
   infectious, arthroscopic treatment of, 109–110
- Synovium, reactive, in anterolateral impingement, 100
- Syringe, for local anesthetic administration, 267
- Talar dome  
   defects of, 115–131  
   osteochondritic lesions of  
     approach to, 29  
     location of, 132
- Talocalcaneonavicular joint. *See* Subtalar joint
- Talofibular ligament, anterior, evaluating, 45–46
- Talonavicular articulation of the subtalar joint, 1
- Talus, 27–29  
   anterolateral shoulder of, tenderness over, 55–56

- displaced fracture of, arthroscopy-assisted open reduction and internal fixation of, results, 154
- impingement of, on the anteroinferior tibiofibular ligament, 100
- lateral process of, fracture of, 51
- osteochondral fracture of the dome of. *See* Osteochondritis dissecans
- osteochondral lesions of
- computed tomography for evaluating, 74–76
  - magnetic resonance imaging for diagnosis of, 78
- osteochondritis dissecans of, 132
- management, 134–135
- pin in, for medial ankle distraction, 35
- posterior surface of, 6–7
- posteromedial lesions of, excising without distraction, 143–147
- of the subtalar joint, posterior, 1
- Tarsal tunnel syndrome (TTS)
- endoscopic release in, 241–245
  - entrapment of the posterior tibial nerve in, 221
  - in the posteromedial quadrant of the ankle, 55
- Tarsus, motion of, evaluating, 41–43
- Tear, of the anterior tibiofibular ligament, magnetic resonance imaging of, 78–79
- Technician, operating room, for arthroscopy, 87
- Technique
- arthroscopic, for osteochondritis dissecans and talar dome fracture management, 135–147
  - of computed tomography, 74
  - for excising posteromedial lesions of the talus, 143
  - of local anesthesia administration, 267–269
  - of posterior subtalar joint arthroscopy, 177–178
  - See also* Operative technique; Surgical technique
- Telos stress device, 67–70
- Temperature, modulation of, in radiofrequency device use, 253
- Tendinitis
- Achilles, 220–221
  - flexor hallucis longus, association with posterior ankle impingement syndrome, 220
  - peroneal, from excessive strain, 53–54
  - posterior tibial, 50
- Tendinosis, Achilles, 57
- insertional, 220–221
- Tendons
- of the ankle, 20–21
  - atrophic rupture of, from corticosteroid injection into a tendon sheath, 103
  - injuries to, magnetic resonance imaging for evaluating, 79–81
  - peroneal brevis tendon, 226–229
  - peroneal tertius tendon, 3
  - release of, open versus endoscopic, 230
  - to the toes, examining, 43–44
  - See also* Achilles tendon; Flexor hallucis longus tendon; Peroneal tendons; Tibial tendon; Trans-Achilles tendon (TAT)
- Tendoscopy, posterior tibial, 223
- indications for, 226–228
- Tenography, indications for, 71
- Tenosynovectomy, for treating posterior tibial tendon
- pathology, 221, 230
- Tenosynovitis
- association of
    - with flat foot deformity, 230
    - with lateral ankle instability, 221  - septic, coexistence with septic arthritis, 109–110
  - stenosing, symptoms of, 57
- Tetracaine (Pontocaine), for local anesthesia, 266
- Thermal necrosis, zone of, for a holmium:yttrium-aluminum-garnet laser, 249
- Thomassen's sign
- of flexus hallucis longis tendon injury, 55–56
  - of os trigonum, 55
- Thompson's test, for gastrocnemius–soleus complex and Achilles heel evaluation, 45–47
- Tibia, anatomy of, at the ankle joint, 27
- Tibial artery
- palpitation of, in a physical examination, 44–45
  - of the posterior neurovascular bundle, 20
- Tibial nerve
- posterior, relationship with the plantar fascia, 10–11
  - of the posterior neurovascular bundle, 20
- Tibial pin
- for lateral ankle distraction, 35
  - for medial ankle distraction, 35
- Tibial tendon, posterior
- balance with peroneal tendons, 230–233
  - pathology of, 55, 221
- Tibial tendon sheath portal, posterior, 33
- Tibiofibular ligament
- anteroinferior, scarring of, 104
  - transverse
    - hypertrophy of, 102–103
    - secondary tibial slip of, 103
- Time characteristics, in magnetic resonance imaging, 76–77
- Tinel's sign
- for diagnosing nerve injury in anterolateral pain, 53
  - for diagnosing tarsal tunnel syndrome, 242
  - for identifying neuritis, 50
  - significance of, 45
- Tomography, conventional, for detecting lesions of the foot and ankle, 72–73
- Torque generation, of the talotibial and subtalar joints, muscles responsible for, 272–273
- Toxicity, of local anesthetics, 266
- Training, of surgeons in endoscopic plantar fasciotomy, 235
- Trans-Achilles tendon (TAT) portal, 22, 29, 32
- Transchondral fracture of the talus, 132
- results of arthroscopic treatment of, 144–147
- Transmalleolar portal, 29, 34–35
- for pinning medial lesions of the ankle, 137–141
- Trauma
- osteochondritis dissecans due to, 132
  - postraumatic soft tissue lesions due to, 99–106
- Treatment
- conservative, of trigonal lesions, 194
  - selection of, in osteochondritis dissecans and talar dome fractures, 136–143
- Trigonal process
- mechanism of injury to, 194
  - resection of, 196–198

- Tubercles, of the posterior surface of the talus, 6
- Tumors, magnetic resonance imaging for evaluating, 81–82
- Ultrasonography, effect of, on injured structures, 279
- Valgus stress, of the ankle, pain in, 50
- Valleix sign, in tarsal tunnel syndrome, 242
- Vasoconstrictors, effect of, on anesthetic function, 266
- Venae comitantes, of the posterior neurovascular bundle, 20
- Video camera, for ankle arthroscopy, 93
- Video monitor
  - for arthroscopy, 93
  - standard for, Sequential Couleur à Mémoire (SECAM), 93
- Vincula, posterior tibial, damage to, in surgery, 231
- Visualization, direct
  - in bone grafting, 142
  - of the cartilaginous posterior facet of the subtalar joint, 5–6
  - for débridement of an anterior scar in chronic fracture treatment, 157–158
- Vital structures, awareness of, in excision of Haglund's deformity, 203
- Wagstaffe's fracture, impingement lesion caused by, 149
- Walking, defined, 274
- White blood cell (WBC) scan, for evaluating osteomyelitis, 72
- Wolin's lesion, management of, with a holmium:yttrium-aluminum-garnet laser, 250
- Xeroradiography, for bone and soft tissue evaluation, 71