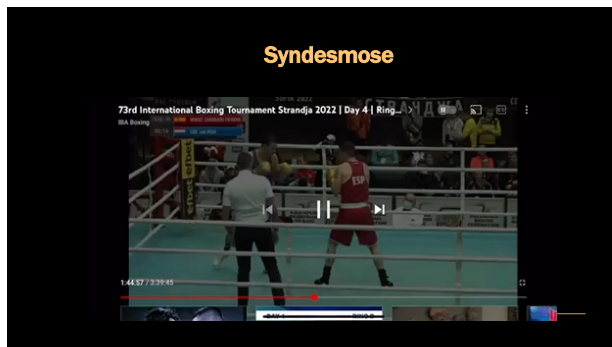




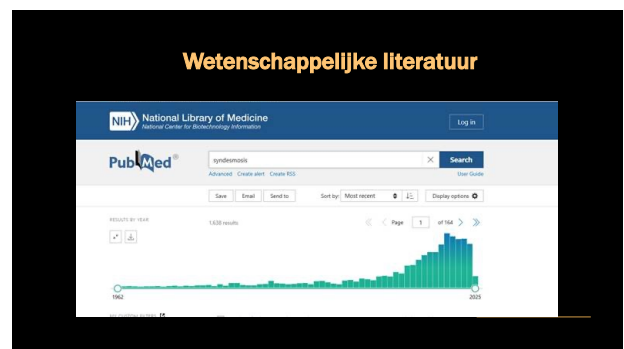
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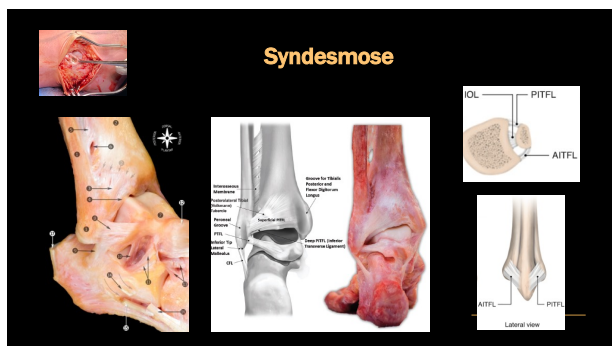
2



3



4



5



6

Enkel-distorsie

- 1/ 10.000 inwoners per dag
- 50% tijdens sportbeoefening
- 75% 15-30 jaar
- Ca. 25% naar de fysiotherapeut
- Normaal herstelproces 6 tot 8 weken
- 60-90% hervat sport binnen 12 weken
- 30-40% blijft klachten houden
- 1-18% van "ankle sprains": syndesmose



7

Behandeling



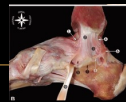
Vroeg bewegen
verbetert outcome



8

Syndesmose

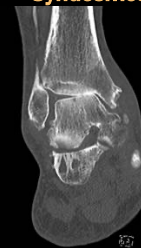
- 1-18% van "ankle sprains"
- AITFL als eerste beschadigd
- 40% palpatiepijn over AITFL na "acute ankle sprain"
- Diagnose vaak gemist
- Vaak icm distorsie MCL



9

Syndesmose

- In 19% loose bodie
- RTP na syndesmos
- Graad 1-2a AITFL le
- prognose
- Dus prognose word



I letsel

i invloed te hebben op

iliteit?



10

Syndesmose- trauma-mechanisme

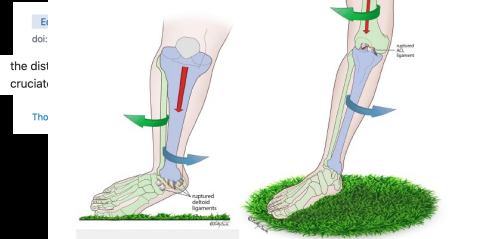
High ankle sprain



Listen

11

Syndesmose- trauma-mechanisme



12

Syndesmose- lichamelijk onderzoek

- Palpatiepijn AITFL: 92%/29% sens/spec
- Squeeze test: 85%/32%
- Exorotatie stress test: 71%/63%
- Lunge-test 75%/84%
- Fibular shift: 75%/88%
- Cluster?

Feel

13

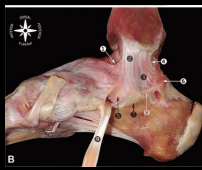
Syndesmose- lichamelijk onderzoek



Feel

14

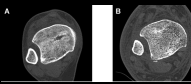
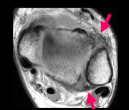
Mediale Instabiliteit



A systematic review on how to diagnose medial ligament injuries – we are missing a uniform standard!

15

Diagnostiek



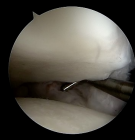
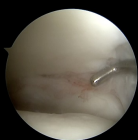
Sensitiviteit	Specificiteit
67%	67%

Sensitiviteit	Specificiteit
93%	87%

Look

16

Diagnostiek



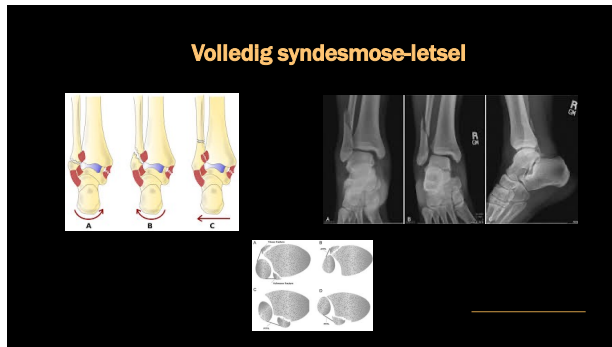
Look

17

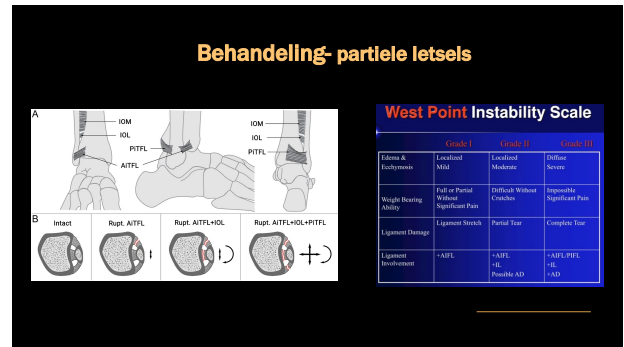
Behandeling

- Acute fase → Anatomische enkelvork: RICE/ MICE
- (niet) Acute fase → Niet-anatomische enkelvork +/- #: operatie
- Niet-acute fase → partieel letsel.....?

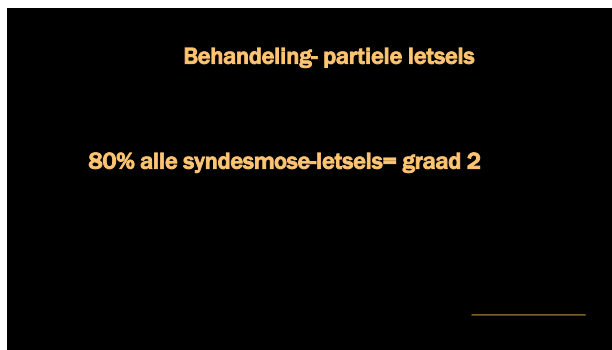
18



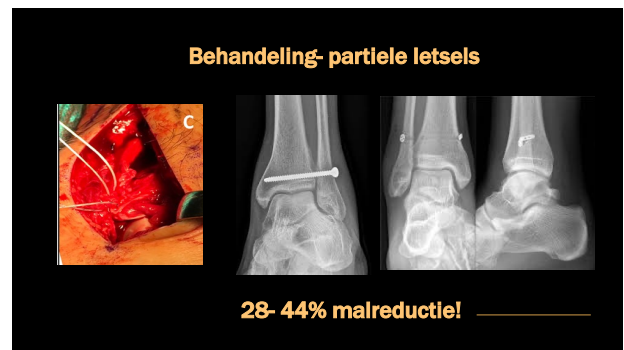
19



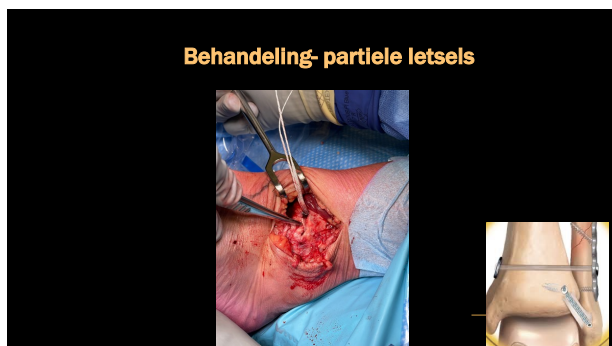
20



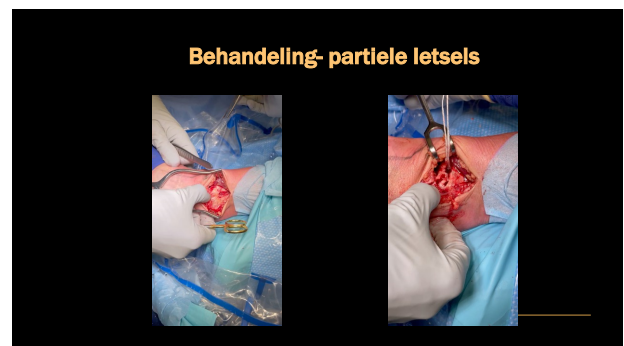
21



22



23



24

Behandeling- partiele letsels



25

Outcome

- RTP: 72 +/- 28 dagen
- Na tightrope: 90% terug op pre-injury level of sports
- Negatief voorspellende factor:
Kraakbeenletsel
MCL#
- Geen enkele techniek herstelt volledige anatomie van pre-traumaal

26

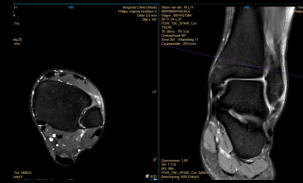
Case

- 34-jarige profvoetballer
- Tijdens landing als keeper acute pijscheut li enkel
- 2 maanden klachten. Bij rennen en schieten
- Geen baat rust/ NSAIDs/ fysio
- Iets swelling en dp AITFL
- Squeeze - Lunge test- Fibular shift- Exorotatie-stress -



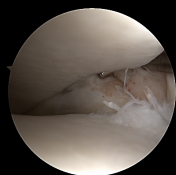
27

Case



28

Case



29

Outcome na 4 wkn



30

Take home message!

- Trauma-mechanisme → high ankle sprain
- 80% alle syndesmoose-letsels = graad 2
- Behandeling wordt bepaald door mate van instabiliteit
- Bij twijfel: scope
- Gemiste partiele letsels met instabiliteit: potentieel grote gevolgen voor de toekomst
- Altijd MCL checken

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Vragen?

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