

## 4-MBT2

### Arthroscopic repair with augmentation for lateral instability of the ankle

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## 4-MBT3

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Brostrom Gould:

Three portals are usually created to perform the procedure. The anteromedial portal is portal 1, the second portal is a modified anterolateral portal (portal 2). The Broström repair is performed by portal 1 as the viewing portal with portal 2 as the working portal with the foot point forward.

For the Gould advancement the foot is changed to a lateral position by internally rotating the hip. The sinus tarsi portal (Portal 3) is made 1 cm anterior to the half-way point between the tip of the fibula and the tip of the 5th metatarsa base. Lateral endoscopy through Portal 3 is the key to achieving a complete view of the retinaculum. The Gould reticular advancement is performed using Portal 3 as a viewing portal and Portal 2 as the working portal. At 2 years follow up, The Karlsson-Peterson Ankle Score and the AOFAS score both significantly improved from preoperatively to postoperatively ( $P < .01$ ). There were no failures in this study. The operation time in this series was equivalent with past literatures.

Conclusions: It is possible to perform a Brostrom repair with the Gould augmentation endoscopically with good results at 2 years follow up.

No Abstract