



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER

## **Osteochondral Lesions of the Talus in Chronic Lateral Ankle Instability**

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## Disclosures / Commercial Support

None

# Objectives

- *Primary Outcome*
  - Prevalence of osteochondral lesions of the talus (OLT) in patients with chronic lateral ankle instability
- *Secondary Outcomes*
  - Area of OLT
  - Location of OLT



# Materials and Methods

- Retrospective chart review
- Patients undergoing anatomic lateral ligament reconstruction with diagnostic ankle arthroscopy for chronic lateral ankle instability
- Cases reviewed from December 2016 to June 2023
- Exclusion criteria included patients with
  - Ankle fractures
  - Posterior arthroscopic debridement
  - Peroneal tendon, syndesmosis, or deltoid ligament repair
  - Calcaneal osteotomies
  - Revision procedures



# OLT Prevalence and Patient Demographics

- 235 (59%) patients included
- 70 (30%) patients had a concomitant OLT

**TABLE 1. Patient Demographics**

Variable	with OLT (N = 70)	without OLT (N = 165)
Males	30 (43%)	53 (32%)
Females	40 (57%)	112 (68%)
Tobacco users	15 (21%)	32 (19%)
Non-tobacco users	52 (74%)	131 (79%)
Tobacco use unknown	3 (4%)	2 (1%)
Age (years)	38 ± 12	32 ± 12
BMI	29 ± 7	30 ± 8

Note: Counts are presented as count (percentage).

Averages are presented as mean ± standard deviation.



# Area and Location of Osteochondral Lesions

- Average OLT area was 42 + 37 (range, 4 - 144) mm<sup>2</sup>
- Most OLTs were located centro-laterally (Zone 6) of the talus

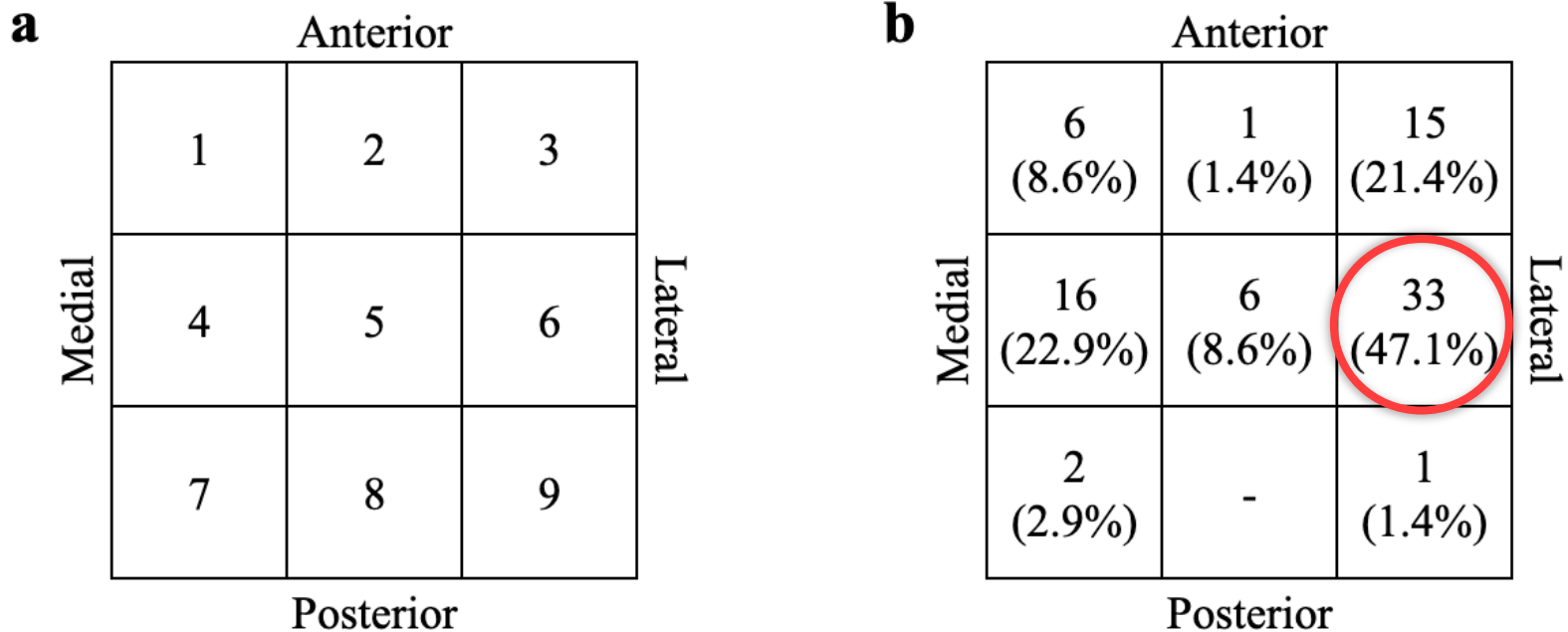


FIGURE 1. Location of Osteochondral Lesion by Talar Cartilage Zone. 1a describes the zone classification of osteochondral lesions of the talus (OLT). 1b describes the counts (percentages) of OLTs at each talar cartilage zone.

# Significance

- OLTs are a common pathology in patients with chronic lateral ankle instability requiring operative management
  - 30% of patients in this study had a concomitant OLT
- These lesions are most commonly located centro-laterally (Zone 6) and centro-medially (Zone 4) of the talus.

