THE TIMES OF INDIA

ALL YOU NEED TO KNOW ABOUT LIGAMENT INJURIES!

Ligament injuries are very common in our daily life. Most commonly affected joints are knee, shoulder, ankle, less commonly the wrist and elbow. Ligament injuries may vary from a simple sprain to complex tear.

Ligaments are the soft tissues which connect from bone to bone and help in the normal biomechanics and stability of the joints. The muscular tendons and the soft tissue called Labrum around the ball and socket joint help in functionality of the joints. Labral injuries are commonly seen around the shoulder and less commonly around the hip.

Around the shoulder, they cause dislocation, instability, apprehension (lack of strength) giving away sensation leading to reduced activity of the shoulder, repeated injuries lead to cartilage damage. Simple sprain or grade 1, 2 injuries gradually subside with proper physiotherapy/rehabilitation, strengthening exercises and some medications. Severe form of injuries need an MRI scan and depending on the intensity, surgical intervention can be done.

A common procedure is Arthroscopy Bankart repair for multiple shoulder dislocations along with Hill-Sachs repair (REMPLISSAGE) if cartilage defect is noted. Commonly traumatic/degenerative conditions include rotator cuff (Supraspinatus) tear along with Subacromial bursitis especially in elderly people. They commonly need arthroscopic debridement/Subacromial bursa excision and rotator cuff repair. This is followed by rest for 3-4 weeks and physiotherapy with range of motion and strengthening exercises. Another commonly noted condition is Peri arthritis shoulder (frozen shoulder) which subsides with proper physiotherapy protocol, rehabilitation. In hip joint cases, it requires arthroscopic debridement of the labrum. In other scenarios, proper exercises, avoiding sitting low/squatting would help.

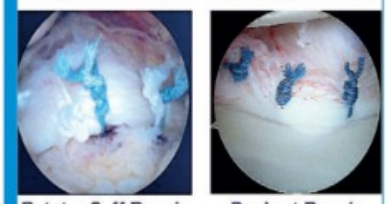
The most common injuries for the ligaments will be around the knee and ankle. Single ligament injuries are adaptive. However, multi-ligament injuries where 3 to 4 ligaments are injured need reconstructions and revision reconstructions. The treatment options are taking grafts from the same patient or taking Allograft from tissue bank.

All these procedures are done arthroscopically with minimally invasive technique using grafts like hamstrings, BTB (patellar tendon), peroneus longus, FHL etc. along with implants such as Tight ropes/Ultra buttons (adjustable loops), Knot less anchors, Bio screws, fibre tapes, all being used in multiple permutations and combinations. Along with the ligaments, meniscus would get injured which require repair as they act as shock absorbers. In a very rare scenario, they need excision when it is irreparable.

Similarly, most neglected part of our body is ankle injuries and foot pains. They vary from Tendo Achillies ruptures/injuries to the Plantar Plate tendinitis. Most of the sprains and tendinitis can be treated with proper stretching exercises, proper footwear. Few conditions do require surgical intervention such as Tendoachilles ruptures and Tendionopathies.

An ATFL injury causes instability and pain in the outer ankle commonly seen in sports people and dancers. In terms of Heel pain, they are plantar Fascitis, Retrocalcaneal bursitis, calcaneal spur and haglund deformity of the foot. Most of them do well with exercises and foot care and very rarely need surgical intervention.

Overall, proper exercises would help in most of the condition. Do not neglect your ligament injuries/instability for better functionality and congruity of the joint.



For more details, contact:
Dr Kirthi Paladugu, MS (Ortho) Consultant Navigation Joint Replacement Surgeon, Arthroscopy (Sports Medicine), Minimally Invasive Trauma & Ankle Surgeon Mobile: 91000 49797
dr.kirthi.paladugu@gmail.com; http://drkirthipaladuguorthosurgeon.com