



**American
College of
Foot and Ankle
Surgeons®**

ACFAS ADVANCED LEARNING PATHWAY: Lateral Ankle Instability - Treatment

Learning Objectives of this Pathway:

- Understand the relevant anatomy and surgical approach for lateral ankle instability
- Describe the clinical evaluation and role of advanced for surgical planning
- Describe the difference(s) of anatomic vs. non-anatomic repair
- Describe the advantages and disadvantages of autograft vs. allograft techniques
- Describe the role of arthroscopy in lateral ankle stabilization
- Describe other procedures where ancillary lateral ankle stabilization may be considered

Day 1: Brostrom/Modified Brostrom

Clinical Sessions

- [Waiting to Weight: Kicking the Tradition - Brostrom Procedure](#)
- [Modified Broström-What Are the Current Options?](#)

Podcasts:

- [Lateral Ankle Instability](#)
- [Lateral Ankle Instability 2018](#)

E-Book Chapters:

None

Journal Articles:

(Encourage to Review) - [ACFAS Classic Article Series: Ankle Instability Outcomes of the Modified Brostrom Procedure Using Suture Anchors for Chronic Lateral Ankle Instability—A Prospective, Randomized Comparison between Single and Double Suture Anchors Intermediate- to Long-Term Longevity and Incidence of Revision of the Modified Broström-Gould Procedure for Lateral Ankle Ligament Repair: A Systematic Review](#)

[Effect of Preoperative Stress Radiographic Findings on Radiographic and Clinical Outcomes of the Modified Broström Procedure for Chronic Ankle Instability](#)

[Postoperative Outcome of the Modified Broström Procedure in the Active Duty Military Population: A Retrospective Cohort Study](#)

The ACFAS learning pathways are a tool to be used by residency directors, fellowship directors and school faculty to aid with didactic learning during the COVID-19 crisis. They are not intended to replace a curriculum, but to supplement student and resident education during this time of need.

The learning pathways are divided into basic, intermediate, and advanced categories.

Pathways have been organized into specific topics that have a variety of educational materials from the ACFAS On Demand course content. They also include journal articles with links primarily from the Journal of Foot and Ankle Surgery (JFAS).

Day 2: Role of Arthroscopy in Lateral Ankle Stabilization

Clinical Sessions:

[Arthroscopic Stabilizations are the Future of Lateral Ankle Instability](#)

Podcasts:

[Inside Out Ankle Stabilization](#)

E-Book Chapters:

[Arthroscopy eBook](#)

Ch 16-1: Arthrodiastasis, Arthroscopic Stabilization

Journal Articles:

- [The “All Inside” Arthroscopic Broström Procedure: A Prospective Study of 40 Consecutive Patients](#)
- [The “All-Inside” Arthroscopic Broström Procedure Augmented With a Proximal Suture Anchor: An Innovative Technique](#)
- [Analysis of Two Different Arthroscopic Broström Repair Constructs for Treatment of Chronic Lateral Ankle Instability in 110 Patients: A Retrospective Cohort Study](#)
- [Ankle Stabilization With Arthroscopic Versus Open With Suture Tape Augmentation Techniques](#)
- [A Biomechanical Comparison of 3 Different Arthroscopic Lateral Ankle Stabilization Techniques in 36 Cadaveric Ankles](#)

Day 3: Revision, Secondary, & Ancillary Stabilization

Clinical Sessions:

[Secondary Ankle Stabilization: Allograft vs. Autograft](#)

[Ankle Arthroplasty in the Varus Ankle with Lateral Collateral Ligament Instability](#)

Podcasts:

None

E-Book Chapters:

None

Journal Articles:

- [A Comparison of Split Peroneus Brevis Tendon and Semitendinosus Allograft Tendon for Lateral Ankle Ligament Reconstruction](#)
- [An Anatomic and Autologous Lateral Ankle Stabilization](#)
- [Autologous Split Peroneus Longus Lateral Ankle Stabilization](#)
- [Efficacy and Safety of Split Peroneal Tendon Lateral Ankle Stabilization](#)

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