

Evaluation of Results of Minimally Invasive Endoscopic Management of Haglund Syndrome

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Abstract

Background: The purpose of our study is to evaluate endoscopic treatment of Haglund's syndrome in which all patients showed a Haglund projection on radiography and none had a cavo-varus deformity. **Methods:** Our study included n=24 patients (30 heels) with a mean age of 32 years (range 26-44 years). They presented with posterior ankle impingement syndrome with Haglund's deformity on radiography and were resistant to conservative therapy for more than 6 months. They underwent two portal endoscopic surgeries in Prathima Institute 1 of Medical Sciences, Nagunur, Karimnagar between May 2016 and October 2019. **Results:** The mean follow-up was 24 months (range 6–41 months). In 27 heels, postoperatively we achieved negative parallel pitch lines on lateral radiographs. The average AOFAS score improved from 59.3 ± 9.9 points preoperatively to 94.8 ± 9.1 points at final evaluation ($p < 0.01$). There were sixteen excellent results, ten good results, two fair results, and two poor results. For the Ogilvie Harris score, there were seventeen excellent, ten good, one fair, and two poor results. The VAS for pain decreased from 6.8 ± 1.4 (range 5-10) preoperatively to 1.8 ± 0.8 (range 0-4) ($p < 0.01$) at final evaluation. There were no obvious intra or post-operative complications. All patients were satisfied with the result of the operation. **Conclusion:** Endoscopic calcaneoplasty is a safe and effective minimally invasive treatment option for Haglund disease after failure of conservative treatment for 6 months.