

NEGLECTED TALONAVICULAR JOINT DISLOCATION WITH CONCOMITANT TALUS FRACTURE

Muhammad Affi Idris¹, Narinder Singh Joginder Singh¹, Chelsia Ezrin Azlan Shah Gibbs¹, Mohamed Shafiq Mohamed Rusdi¹

¹Hospital Seberang Jaya

Introduction: Isolated talonavicular joint dislocation is rare as the joint is protected with strong structures like long and short plantar ligament, bifurcate ligament and plantar calcaneonavicular ligament.

Discussion: A thirty six year old man had alleged fall from lorry and did not seek treatment after initial injury. After neglecting his injury for 3 weeks, he came to us with a varus forefoot and inability to ambulate. Radiographs showed talonavicular joint dislocation with head and neck of talus fracture. Attempt for closed manual reduction failed necessitating open reduction with medial malleolus osteotomy approach for better exposure of structures. Talus bone fixed with cannulated screws and talonavicular joint temporary hold with K wire post reduction. Spanning cross ankle external fixation applied to prevent soft tissue breakdown and occurrence of forefoot varus deformity post reduction. Post operatively, patient was prescribed non weight bearing ambulation. External fixator and K wire removed after 6 weeks. Clinically and radiographically joint stable without external fixator. After 3 months patient was allowed for full weight bear.

Conclusion: Talonavicular joint dislocation is rare because of protected with strong ligamentous structures. Delayed reduction of the joint will result in equinovarus deformity and degenerative arthritis. An early anatomical reduction and stable fixation can minimize long term impairment. Prompt recognition and early reduction is necessary to obtain optimal results and to avoid complications. Spanning external fixation provides soft tissue ligamentotaxis to allow for decrease articular impaction and soft tissue swelling.