

Closed Subtalar Dislocation Treated Conservatively : Case Report

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INTRODUCTION:

Subtalar dislocation is one of the rare type of injury. It is simultaneous dislocation of the talo–calcanea and talo–navicular joints without any tibio–talar or talar neck associated fractures. They predominate in young patients , about third decade of life , with incident of males more than females. Most of reported cases are opened injuries with high energy trauma.

Four types are described :

- a) Medial (80-85%)
- b) Lateral (15-20%)
- c) Posterior and Anterior (1-2.5%)

Closed reduction of the dislocation must be performed as soon as possible to avoid further damage to the skin and cause neurovascular compromise. If this is not possible, open reduction is recommended.

REPORT:

A case of 21 years old male with no known medical illness , had history of alleged motor vehicles accident , and sustained pain over left ankle and unable to ambulate.

Further examination revealed , patients had deformity of left ankle , with palpable DPA and PTA, normal capillary refill time and no sensory defect. Radiograph evaluation showed displacement of calcaneus in relation to the talus. The calcaneum was displaced laterally in anteroposterior view.

A closed reduction was attempted under sedation in emergency room. Post reduction the subtalar joint allignment was acceptable with presentation of intact neurovascular status. Then patient was admitted for close observation.

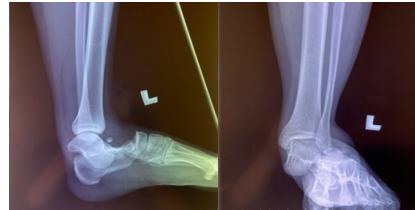


Figure 1: ankle radiograph upon arrival at emergency department



Figure 2: ankle radiograph 1 month post trauma

CONCLUSION:

Subtalar dislocation is a rare injury, which accounts approximately 1% of all dislocations. Closed subtalar dislocation can be treated conservatively with correct method of closed reduction ,and adequate immobilization with short leg cast for 3-6 weeks.

REFERENCES:

1. Global Journal of Medical Research: H Volume 16 Issue 2 Version 1.0 Year 2016 Orthopedic and Musculoskeletal System Subtalar Dislocation Case Report and Literature Review By Tomas Perez Cervera