

Maisonneuve Fracture

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Category: Undergraduate

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ABSTRACT

HISTORY: A twenty-one year old college defensive lineman came off the field on September 28, 2013 during a game very slowly after getting high-located by two players. He reported pain immediately after the play on the lateral side of his left knee where he got hit. He had no previous injury to his left knee but had been playing with a sore left ankle which was previously injured on September 10, 2013.

PHYSICAL EXAMINATION: During the sideline examination, pain was noted over the fibular head of the left knee during palpation. Range of motion of the ankle and knee were near normal and he was full weight bearing but with pain. There were no noticeable deformities. He had an abnormal gait coming off the field and had tested positive for Kleiger's test.

DIFFERENTIAL DIAGNOSIS:

1. High ankle sprain
2. Fibular fracture
3. Bone contusion

TESTS AND RESULTS:

- Lateral Fibular Radiograph
 - Minor spiral fracture just inferior to the fibular head

FINAL/WORKING DIAGNOSIS:

Maisonneuve Injury/Fracture

TREATMENT AND OUTCOME

1. No contact next day otherwise day-by-day based on pain
2. Custom orthotics
3. Wide calf velocity brace
4. Pad lateral side of left knee
5. Reverse ankle tape
6. Bone stimulator
7. ROM and strengthening exercises for ankle

