

Did You Know?

Arthroscopic Procedures

Arthroscopy uses small, minimally invasive incisions and a specialized camera to diagnose and treat ankle and foot problems with less disruption to surrounding tissues. It is commonly used to address ligament injuries, cartilage damage, synovitis, impingement, and persistent pain that doesn't respond to conservative care.

MINIMAL SCARRING • LESS PAIN • EARLY WEIGHT-BEARING • FASTER RECOVERY • QUICK RETURN • HIGH PRECISION

Are You Experiencing?

- ✓ Chronic ankle pain or stiffness
- ✓ Repeated ankle sprains or instability
- ✓ Pain following a previous ankle or foot injury
- ✓ Clicking, catching, or locking sensations
- ✓ Swelling that persists despite rest or therapy
- ✓ Difficulty returning to sports or daily activities

Recovery Timeline



Weeks 0-2

Early weight-bearing in a protective boot



Weeks 2-6

Transition out of the boot as tolerated



Weeks 8-12

Resume exercise or light sports



Weeks 12+

Full activity return depending on procedure

Arthroscopic Procedures We Offer

- ✓ **Ankle Debridement:** Removes scar tissue, bone spurs, and inflamed tissue to restore motion.
- ✓ **Arthroscopic Broström Repair:** Minimally invasive tightening of ligaments for chronic ankle instability.
- ✓ **Subtalar Joint Arthroscopy:** Treats instability, impingement, or persistent subtalar pain.
- ✓ **Arthroscopic Synovectomy:** Removes inflamed synovial tissue causing swelling or irritation.
- ✓ **OCD Treatment:** Precision-guided repair of talar cartilage injuries.
- ✓ **Arthroscopic Fusion Support:** Enhanced visualization during minimally invasive fusion procedures.



10 days post-op—healed arthroscopic incisions



Learn More or Refer a Patient:

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