TILLAUX FRACTURE OF THE ANKLE IN AN ADULT: A RARE INJURY

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INTRODUCTION:

Fractures of the anterolateral aspect of distal tibia are usually avulsion fractures of anterior tibial tubercle, caused when the anterior-inferior tibiofibular ligament fails to rupture during the injury. This is called juvenile Tillaux fracture in adolescents and Tillaux fracture in adult. We describe a case report of this rare Tillaux fracture in an adult.

CASE REPORT:

A 22-year-old male presented with injury to his left ankle after had a motor vehicle accident. The clinical examination revealed tenderness over left ankle with swelling and painful restriction of ankle movement. Radiographs revealed an avulsion fracture of the anterolateral of distal tibia and minimally displace fracture medial malleolus and confirm with computed tomography scans.

The patient underwent open reduction and internal fixation through an anterolateral approach for tillux and medial approach for medial malleolus. Postoperatively, the ankle was protected in a plaster splint; thereafter, the ankle was mobilized and subjected to progressively increasing motion.

DISCUSSIONS:

The Tillaux fracture was first described in 1822 by Sir Astley Cooper, and Paul Tillaux described the mechanism of this injury as external rotation of ankle that leads to an avulsion fracture of the anterolateral aspect of the tibia. In adults, the ligament will usually give way before avulsion of its attachment to the anterolateral tibial plafond occurs, leading to relative rarity of this avulsion fracture injury pattern in adults.

The injury can occasionally be missed by a cursory examination of the radiographs. Computed tomography can be a useful adjunct to confirm the diagnosis, clearly define the extent of the fracture, and rule out any associated injuries involving the tibial pilon. These fractures are usually require closed or open reduction with internal fixation to restore ankle joint congruity. Because it is an intra-articular fracture, congruous reduction, rigid fixation, and early mobilization are essential to ensure a better functional outcome.

REFERENCES:

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