

## Images in clinical medicine



## A rare case of bilateral ankle fracture

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## A rare case of bilateral ankle fracture

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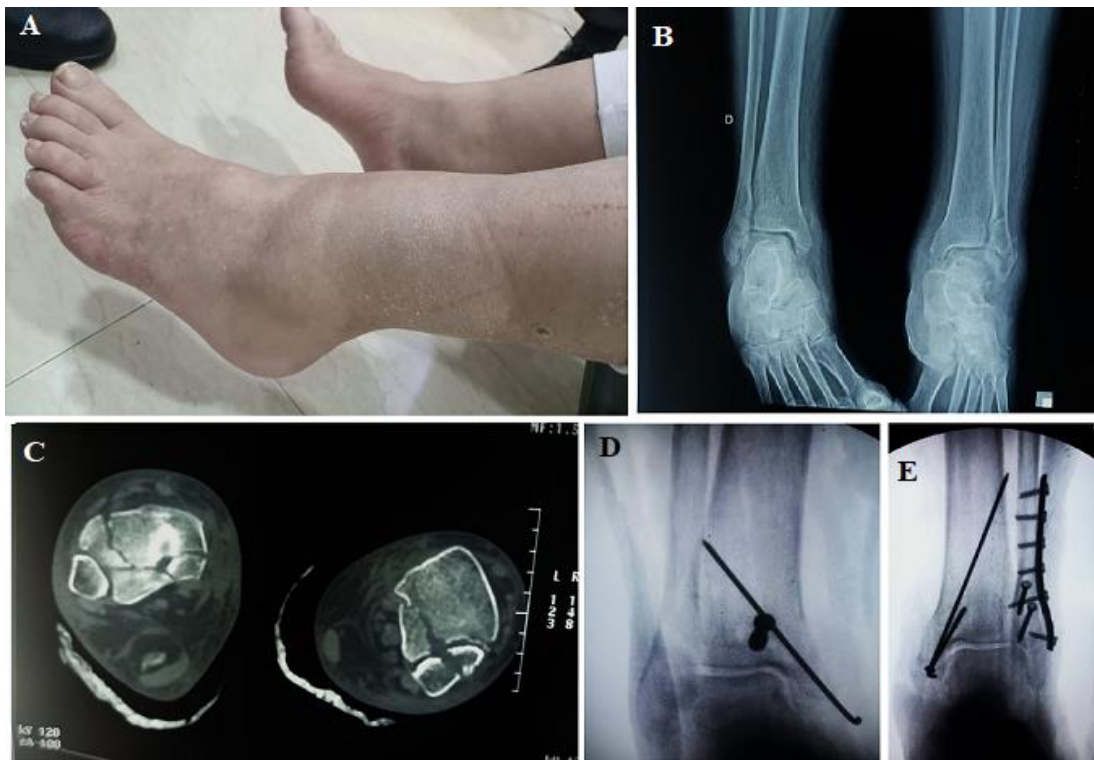
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## Image in medicine

A 62-year-old man with a past medical history of acromegaly who had been on corticosteroids since 2003, was brought to the emergency room for bilateral ankle pain associated with functional impotence following a fall down the stairs due to a stumble resulting in closed trauma of both ankles. On admission, a physical examination revealed grossly swollen and painful mobilization of both ankles. The distal neurovascular examination was normal on both feet. Plain X-rays of the two ankles revealed a bilateral ankle fracture. A computed tomography scan of both ankles revealed: medial and lateral malleolus fractures for the left ankle and right ankle and medial and posterior malleolus fractures for the right ankle. The patient was then taken to the theatre for one-stage internal fixation. A K-wire and screw were used for the

fixation of the right ankle. Screws, a third-tube plate, and a K-wire were inserted. The patient's initial post-operative course was uncomplicated, and he was discharged on oral analgesics and a 12-week non-weight bearing program was prescribed.

Gradual weight-bearing was started at 12 weeks. At four months follow-up, the full range of motion of both ankles was regained. At the last year's follow-up of one year, he had neither ankle pain nor ankle instability.



**Figure 1:** (A) clinical image showing the deformities of the patient's ankles, predominant on the left side; (B) anteroposterior view of both ankles showing bilateral ankle fractures; (C) transverse sections of both ankles showing bilateral ankle fractures; (D) an anteroposterior X-ray view of right ankle showing fixation with a screw on the posterior malleolus and a Kirschner-wire on medial malleolus; (E) an anteroposterior X-ray view of left ankle showing fixation with a screw and a Kirschner-wire on the medial malleolus and a one-third tube with two compression screws on the lateral malleolus