



# Tibiofibular syndesmosis in asymptomatic ankles: initial kinematic analysis using four-dimensional CT

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## ARTICLE INFORMATION

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**AIM:** To evaluate the reliability of ankle syndesmotoc measurements and their changes during active motion using four-dimensional computed tomography (4DCT) examination in asymptomatic ankles.

**MATERIALS AND METHODS:** 4DCT was performed on both ankles of patients with signs and symptoms of unilateral ankle instability. Ankles from the asymptomatic side of 10 consecutive patients were included in this analysis. Five ankle syndesmotoc measurements were adopted from the available literature and performed by two fellowship-trained foot and ankle surgeons: (1) syndesmotoc anterior distance (SAD); (2) syndesmotoc posterior distance (SPD); (3) syndesmotoc translation (ST); (4) syndesmotoc tibiofibular angle (STFA); and (5) ankle tibiofibular angle (ATFA). A Monte Carlo simulation was also performed to obtain exact *p*-values with 99% confidence intervals.

**RESULTS:** Excellent interobserver reliability was observed among the two readers for four out of five measurements (intra-class correlation coefficients [ICC]: 0.767–0.995, *p*<0.001–0.020). The ICC values for SAD were not statistically significant (ICC=0.548 and 0.569 for dorsi and plantarflexion respectively, *p*=0.1). Among the five measurements, only ST measurements had significant changes during active motion (median [interquartile range] for change: –0.70 mm [–1.6–0.10]; *p*=0.012). Of the above measurements, only the ST measurements demonstrated a negative linear association with the tibio-calcanal angle during active motion (beta=–2.5, *p*=0.04).

**CONCLUSIONS:** Reliable quantitative kinematic assessment of ankle syndesmosis can be performed using 4DCT examination. Syndesmotoc measurements remain unchanged during ankle motion except for the syndesmotoc translation, which tends to decrease during plantar flexion.

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## Introduction

The ankle syndesmotom ligament complex plays a pivotal role in maintaining the integrity of the distal tibiofibular joint and is frequently involved in sport-related injuries.<sup>1–3</sup> It is estimated that 5–10% of ankle sprains and 13–20% of ankle fractures are accompanied by syndesmotom injuries, although the true incidence is likely underestimated because of under-diagnosis in patients with subtle syndesmotom injuries.<sup>1</sup> Failure to diagnose syndesmotom injuries and late treatment could lead to long-term pain and instability, as well as development and accelerated progression of secondary osteoarthritis of the ankle.<sup>1,4–6</sup>

Several clinical examination techniques, including the squeeze test,<sup>7</sup> cotton test,<sup>8</sup> fibular translation test,<sup>9</sup> and tap test have been described and implemented in clinical practice; however, none has shown high accuracy for detecting syndesmotom injuries.<sup>2,7,10–12</sup> Furthermore, standard radiographic measures, such as medial clear space, anteroposterior tibiofibular clear space, and tibiofibular overlap, have failed to accurately assess syndesmotom injuries.<sup>2,10,11,13</sup> Considering the clinical importance of syndesmotom injuries and the lack of clinical and radiographic measures to accurately evaluate the distal tibiofibular joint, the use of advanced imaging techniques with high-resolution capabilities, such as computed tomography (CT) and magnetic resonance imaging (MRI), has received considerable attention in routine clinical practice.<sup>14</sup> Several recent studies have detailed the normal anatomy of the ankle syndesmosis, as well as novel measures and techniques to detect syndesmotom injuries using CT and MRI.<sup>15–21</sup> These conventional static CT and MRI examinations improve detection of syndesmotom injury by providing detailed osseous and soft-tissue resolution, respectively; however, they fail to detect and characterise biomechanical abnormalities and the resultant biomechanical instability associated with syndesmotom injuries.

Four-dimensional CT (4DCT) is a feasible, non-invasive imaging method that provides a kinematic evaluation of peripheral joints, including the hip,<sup>22,23</sup> knee,<sup>24,25</sup> elbow,<sup>26,27</sup> and wrist,<sup>28–30</sup> during active motion with high temporal resolution. Because of the ability of 4DCT to capture ankle motion using high-resolution three-dimensional imaging, this technique can potentially detect subtle instability related to syndesmotom injuries in patients who have inconclusive findings on conventional static CT or MRI examination.

The present study describes and evaluates the reliability and reproducibility of syndesmotom measurements (derived from previous CT or radiographic indices) using predefined anatomical landmarks in planes derived from double-oblique multiplanar reformation (MPR). These measurements were obtained during asymptomatic ankle dorsiflexion–plantar flexion motion using 4DCT images. The effect of foot position on the syndesmotom measurements was determined and change during active motion in asymptomatic ankles was assessed using 4DCT examination.

## Materials and methods

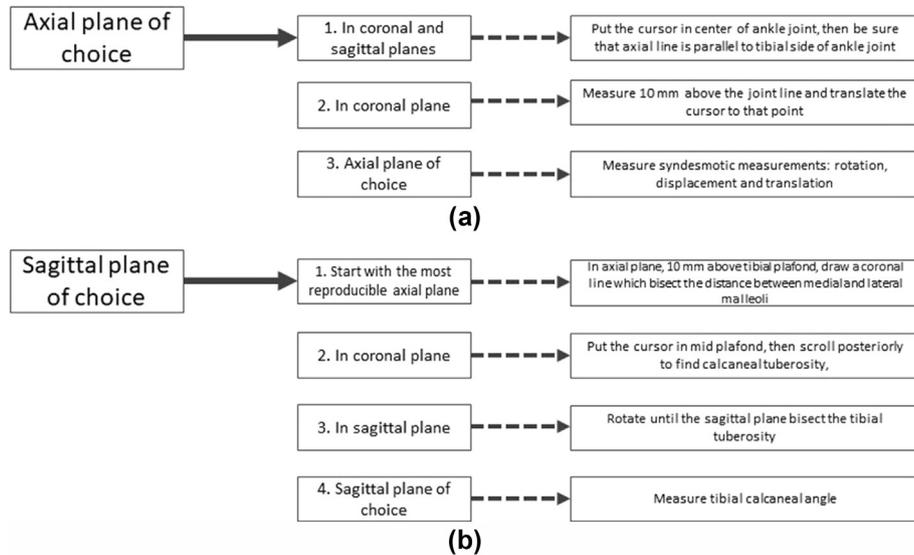
All aspects of this study were performed following the Health Insurance Portability and Accountability Act, and institutional review board approval was obtained.

### *Study participants*

The 4DCT examinations were performed for 12 participants with unilateral ankle pain and/or instability from October 2014 to December 2017. Informed consent was obtained from all participants before image acquisition. All participants were examined by two board-certified foot and ankle surgeons and were referred to the radiology department for 4DCT examination. Participants were instructed to perform active range of motion of both ankles, from maximal dorsiflexion to maximal plantar flexion, to the best of their ability. The 4DCT examinations were obtained during active range of motion of both ankles (symptomatic and asymptomatic sides). Asymptomatic contralateral ankles were scanned primarily to aid detection of subtle biomechanical instabilities on the symptomatic side and were confirmed by the referring orthopaedic surgeon to have no abnormality during physical examination. From the scanned asymptomatic contralateral ankles, only those with no evidence of abnormality (including hindfoot osteoarthritis) on static CT examination were included. Therefore, 10 ankles met the inclusion criteria and were analysed in this study.

### *Imaging protocol*

Four-dimensional CT was performed using a 320-row-detector CT machine (Aquilion ONE; Toshiba, Tokyo, Japan) with an adaptive iterative dose-reduction construction algorithm. The current and tube potential were set at 100 mAs and 100 kV, respectively. The field of view of 4DCT acquisition included up to 16 cm of the distal third of the tibia to the midtarsal bones. During active motion, 10 consecutive CT scan volumes were obtained for each ankle (3–7 seconds; temporal resolution: 0.5 seconds). The position of the syndesmosis was documented with a post-processing protocol using predefined anatomical landmarks to improve the reliability of measurements between readers. Two board-certified, fellowship-trained foot and ankle surgeons performed syndesmotom measurements using Vitrea postprocessing software (Vital Images, Toshiba Medical Systems Company, Minnetonka, MN, USA). The measurements were performed during active motion from complete plantar flexion to dorsiflexion, in the bone window using thin sections (0.6 mm). The double-oblique MPR technique was used to define the plane of choice according to predefined anatomical landmarks. The reliability of the MPR method has been established for the evaluation of other peripheral joints.<sup>28,29,31</sup> To predefine the axial plane of choice in the reformatted coronal and sagittal planes, the cursor was placed in the centre of the ankle joint ensuring that the axial line was parallel to the tibial side of the ankle



**Figure 1** Predefined protocol for finding the best reformatted plane for sagittal and coronal measurements.

joint. Then, in the coronal plane, 10 mm above the joint line was measured and the cursor was translated to that point. The reformatted axial plane, which was determined as exactly 10 mm above the tibial plafond, was the plane of choice for performing syndesmotomic measurements (Figs 1 and 2).

*4DCT measurements*

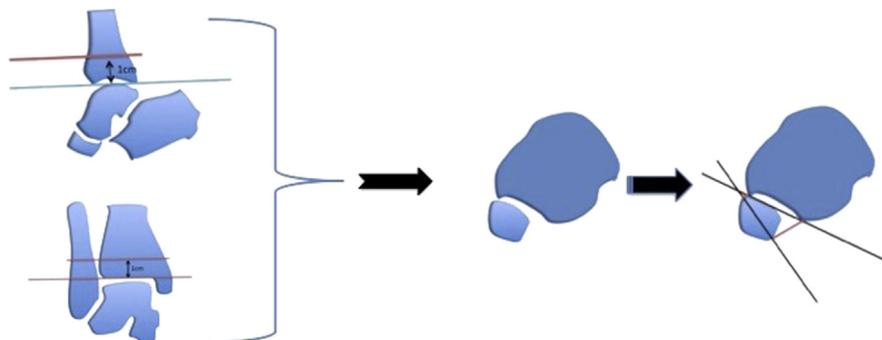
Five measurements were performed, including two angles and three measurements of distance. First, using the reformatted axial plane, a line connecting the anterior and posterior tibial tubercles of the fibularis incisura was drawn. Anterior and posterior intersections of the tibia with the mentioned line were defined as points A and B, respectively. The fibular axis was then drawn and the most anterior and posterior points on the fibula defined as points C and D, respectively. Two measurements assessing diastasis between the tibia and fibula were undertaken. The syndesmotomic anterior distance was obtained by measuring the distance between points A and C (Fig 3).<sup>10,18</sup> The syndesmotomic posterior distance was determined by measuring

the distance between points B and D (Fig 3).<sup>10,18</sup> For evaluation of the anteroposterior displacement of the fibula, a line tangential to the anterolateral surface of the fibula was drawn and the distance between the anterior margins of the tibia with this line measured. This measurement was defined as syndesmotomic translation, and a negative measurement indicated posterior translation of the fibula in relation to the tibia (Fig 4).<sup>32</sup>

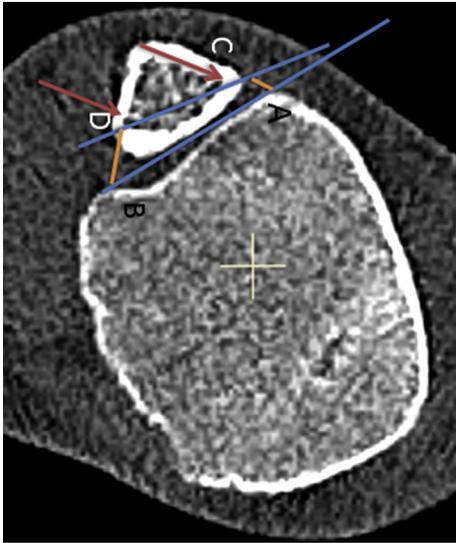
*Angle measurements*

The syndesmosis tibiofibular angle was also created by the intersection of the fibular axis and the line connecting the anterior and posterior tibial tubercles (Fig 5).<sup>33</sup> The tibiofibular angle was calculated at two planes: at the level of syndesmosis, which is the predefined axial plane, and at the level of the ankle, which is at the most distal part of tibial plafond.

During the above syndesmotomic measurements, the corresponding dorsiflexion–plantar flexion angles of the ankle were also recorded using the tibiocalcaneal angle (TCA) at the sagittal plane exactly parallel to the tibial axis (Fig 1).



**Figure 2** Illustration of the plane of choice for axial syndesmotomic measurements and specific protocol for SAD and SPD as well as TFA using specific reproducible points.



**Figure 3** Illustration of exact reference points in the axial plane. SAD, distance between point A to C; SPD, distance between point B to D measurement methods.

First, a vertical line through three midpoints of the tibia was drawn. Then, a second line was drawn connecting the apex of the angle of Gissane and the posterior body of the calcaneus. TCA was defined as the angle between these two lines.<sup>34</sup>

#### Statistical analysis

Measurements were recorded, and the Shapiro–Wilk test was used to assess the normality of measurement distribution. Because the distribution of data was not normal, data are presented as medians and interquartile ranges (IQRs). The measurements were evaluated in three models: static dorsiflexion, static plantar flexion, and change from dorsiflexion to plantarflexion. Interclass correlation coefficients (ICCs) were used to assess interobserver consistency and agreement. A correlation of 0.75–1 was considered excellent, 0.61–0.74 was considered good, 0.4–0.60 was considered fair, and <0.4 was considered

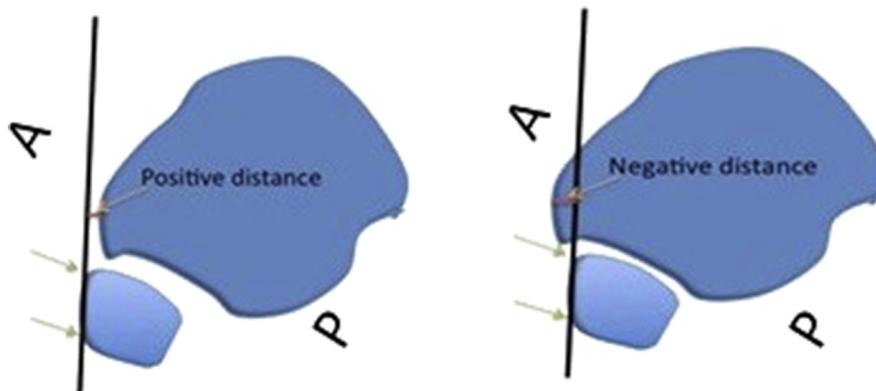
poor.<sup>35,36</sup> Measurements were obtained in the two extreme ends the range of motion (dorsiflexion and plantar flexion) and were compared using the Wilcoxon rank test for dependent samples.<sup>37</sup> Bootstrapping with 10,000 samples was used to extract *p*-values for 99% uncertainty levels. Next, the above five measurements were evaluated as functions of the TCA. Linear regression models were built, and the standardised beta values were extracted. The analysis was performed using PASW, version 18, software (SPSS, Chicago, IL, USA) and R platform, version 2.15.1 (R Foundation for Statistical Computing, Vienna, Austria).

## Results

Study participants were nine women and one man (three right ankles and seven left ankles) with a mean age of 47.4 (range, 18 to 63) years and a mean body mass index of 29.8 (range, 20.9 to 39.7). Good to excellent ICCs were observed for consistency and absolute agreement among two readers in four of five measures (syndesmotoc posterior distance, syndesmotoc translation, tibiofibular angle at the level of syndesmosis, and tibiofibular angle at the level of ankle, but not syndesmotoc anterior distance; [Table 1](#)). For consistency, the ICC range was 0.767–0.995 ( $p < 0.05$ ). For absolute agreement, the ICC range was 0.777–0.994 ( $p < 0.05$ ). Regarding ICC values for syndesmotoc anterior distance, good to excellent correlation was observed in the plantar flexion model ( $p = 0.02$ ); however, the ICC values were not significant in the dorsiflexion model ( $p = 0.12$ ; [Table 1](#)).

[Table 2](#) presents the median of 4DCT ankle syndesmotoc measurements, along with changes in ankle syndesmotoc measurements between the extreme ends of ankle range of motion. Among five measurements, only syndesmotoc translation values changed significantly during active movement (median [IQR] for change:  $-0.70$  mm [ $-1.6$  to  $-0.10$ ];  $p = 0.012$ ). A Monte Carlo simulation was performed to confirm the observed effect and to obtain exact *p*-values with 99% confidence intervals ( $p = 0.007$ ).

The possible association between syndesmotoc measurements and active ankle motion was also evaluated (TCA; [Table 3](#) and [Fig 6](#)). A negative linear association was



**Figure 4** Illustration of ST and its positive (as indicated by posterior position of tibia relative to the tangential line to anterolateral surface of fibula) and negative values (as indicated by anterior position of tibia relative to the tangential line to anterolateral surface of fibula).

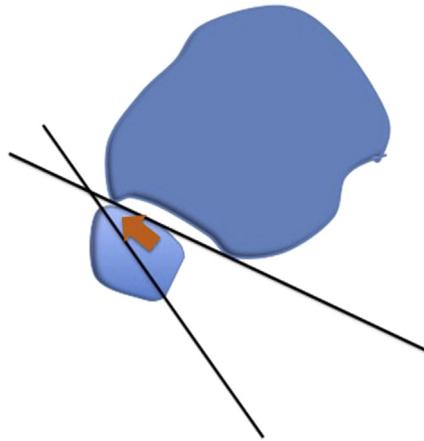


Figure 5 Depiction of STA.

**Table 1**  
Interobserver reliability of syndesmosis measurements at the extreme ends of motion.

Index Measurement	ICC for consistency		ICC for absolute agreement	
	Dorsiflexion	Plantar flexion	Dorsiflexion	Plantar flexion
1. Syndesmosis anterior distance (SAD)	0.548 <i>p</i> =0.126	0.750 <i>p</i> =0.026	0.569 <i>p</i> =0.126	0.742 <i>p</i> =0.026
2. Syndesmosis posterior distance (SPD)	0.896 <i>p</i> =0.001	0.858 <i>p</i> =0.004	0.905 <i>p</i> =0.001	0.867 <i>p</i> =0.004
3. Syndesmosis translation (ST)	0.767 <i>p</i> =0.020	0.995 <i>p</i> <0.001	0.777 <i>p</i> =0.020	0.994 <i>p</i> <0.001
4. Syndesmosis tibiofibular angle (STFA)	0.977 <i>p</i> <0.001	0.975 <i>p</i> <0.001	0.975 <i>p</i> <0.001	0.977 <i>p</i> <0.001
5. Ankle tibiofibular angle (ATFA)	0.974 <i>p</i> <0.001	0.801 <i>p</i> =0.012	0.968 <i>p</i> <0.001	0.817 <i>p</i> =0.012

ICC, intraclass correlation coefficients.

observed between syndesmosis translation values and TCA in active motion (standardised beta:  $-2.5$ ;  $p=0.04$ ); however, the relationships between other measurements and TCA were not significant.

## Discussion

Syndesmosis injuries precipitate diastasis between the distal tibia and fibula, which creates biomechanical

instability in the ankle.<sup>38,39</sup> During ambulation, the axial forces on the tibiotalar joint can reach up to four times the body weight, so even minor incongruence can have a major effect on the ankle, particularly during active motion.<sup>14</sup> Therefore, restoration of the normal anatomy of the ankle and its injured syndesmosis is critical to avoid chronic instability and associated post-traumatic osteoarthritis; however, the metrics to confirm successful surgical correction have been a matter of debate.<sup>11,15,40</sup> Studies have emphasised the superiority of conventional static CT images in detecting minor syndesmosis injuries; however, there is conflicting evidence regarding the accuracy and precision of the described measurements in identifying syndesmosis injuries.<sup>13,41,42</sup> Various factors could be responsible for such discrepancies. Most studies of syndesmosis measurements were performed in patients with previous injury or in cadavers,<sup>18,19,43,44</sup> and few studies were performed in healthy patients.<sup>10,15,20,33</sup> Different anatomical landmarks have been used to determine syndesmosis measurements, producing conflicting results because of the wide variability in the shape, depth, and configuration of the fibularis incisura. It has also been reported that ankle motion can affect the position of the fibula relative to the incisura; however, no study to the authors' knowledge has evaluated the change in fibular position during active motion.<sup>14,33</sup>

In the present study, a novel 4DCT examination was used to evaluate syndesmosis measurements during active motion of the ankle. The results indicate that selected syndesmosis measurements during active motion of the ankle offer excellent reproducibility and reliability. Additionally, all syndesmosis measurements except syndesmosis translation were unchanged during active motion; therefore, their changes during dorsiflexion–plantar flexion in symptomatic ankles could represent associated syndesmosis-related instability.

Compared with previous studies, the present study achieved a higher level of reliability in syndesmosis measurements (ICC range=0.548–0.995).<sup>18</sup> This observation could be the result of a combination of predefined measurement protocols used in this study. First, reformatted axial plane of choice was set for axial measurement 10 mm above the tibial plafond using double-oblique MPR. This technique enabled the plane exactly parallel to the tibial plafond to be chosen; thus, the plane of choice was set at exactly the same level throughout ankle motion, which is critical for obtaining consistent data. Furthermore, previous studies reported vague descriptions of their reference

**Table 2**  
4DCT measurements of Distal tibiofibular syndesmosis during dorsi-flexion to plantar flexion motion.

Measurements	Dorsiflexion Median (IQR)	Plantar flexion Median (IQR)	Change Median (IQR)	<i>p</i> -Value	Monte Carlo simulation; <i>p</i> -value
1. Syndesmosis anterior distance (SAD), mm	3.6 (3.3–4.8)	3.5 (2.8–4.3)	-0.6 (-1–0.1)	0.050	0.061
2. Syndesmosis posterior distance (SPD), mm	7.6 (5.6–9.8)	6 (5.4–9)	0.00 (-1.9–0.6)	0.327	0.377
3. Syndesmosis translation (ST), mm	2.6 (1–3.1)	1.8 (-0.2–2.4)	-0.70 (-1.6–-0.10)	0.012	0.007
4. Syndesmosis tibiofibular angle (STFA), degrees	-12.27 (-16.35–-6.34)	-11.74 (-15.60–-6.30)	-0.36 (-2.37–2.72)	0.878	0.922
5. Ankle tibiofibular angle (ATFA), degrees	4.11 (1.00–8.62)	3.80 (1.26–9.54)	0.65 (-1.45–2.32)	0.678	0.739

Changes in syndesmosis measurements in the extreme ends of motion are also displayed. Monte Carlo simulation with 10,000 samples were used to extract *p*-values for 99% uncertainty levels. IQR, interquartile range.

**Table 3**

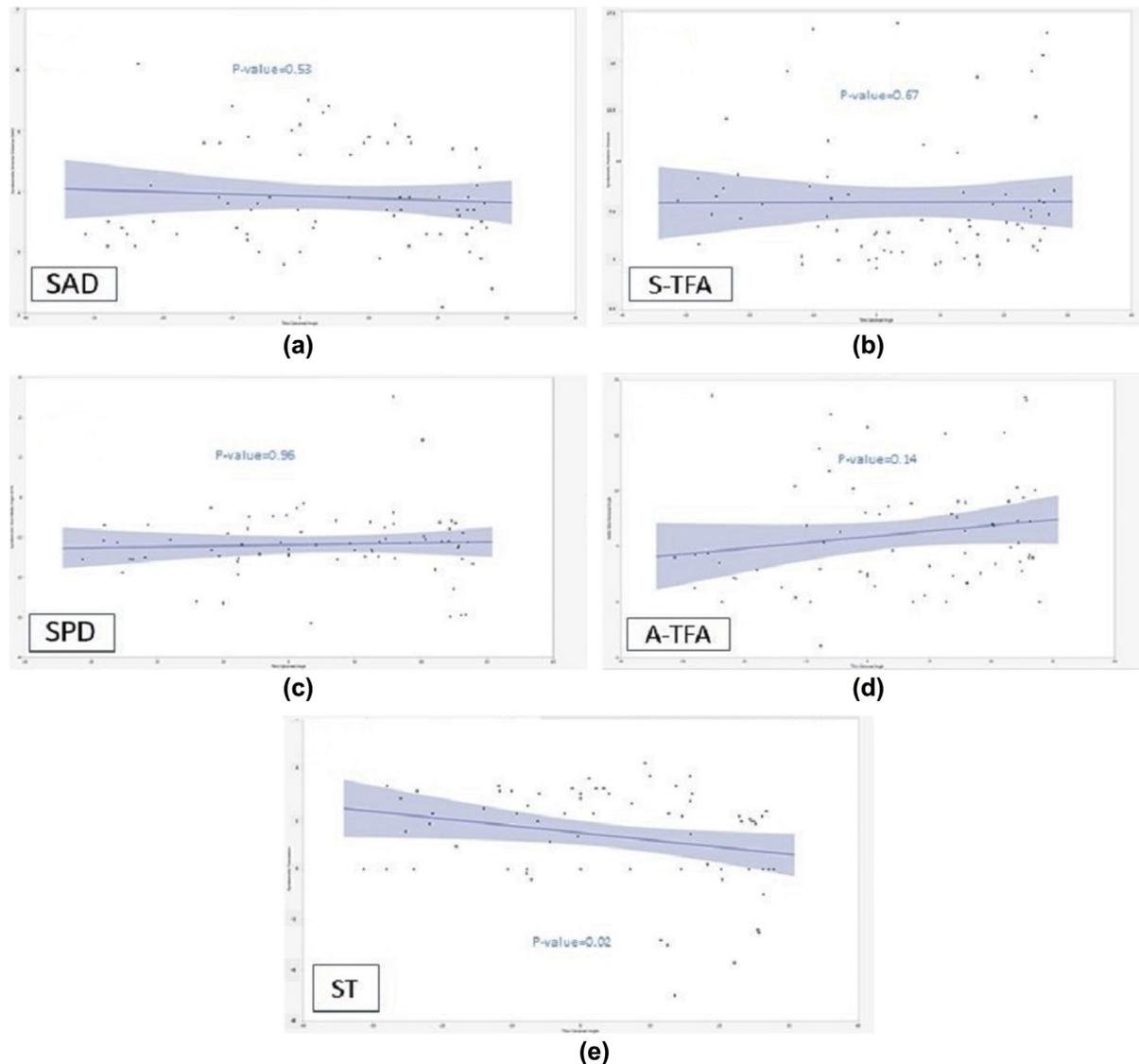
Linear association between active motion (tibioalcalneal angle) and syndesmotomic measurements.

Measurement	Original data		After bootstrapping	
	Standardised beta	p-Value	Standardised beta	p-Value
1. Syndesmotomic anterior distance (SAD)	−0.72	0.551	−0.72	0.534
2. Syndesmotomic posterior distance (SPD)	0.05	0.966	0.05	0.969
3. Syndesmotomic translation (ST)	−2.50	0.040	−2.50	0.025
4. Syndesmotomic tibiofibular angle (STFA)	0.47	0.696	0.47	0.678
5. Ankle tibiofibular angle (ATFA)	1.79	0.147	1.79	0.149

Bootstrapping was performed based on 10,000 bootstrap samples (99% uncertainty levels).

points, which made their results less reliable.<sup>10,11,15,33</sup> This ambiguity in reference point determination could also lead to measurement error in the region of the ankle joint, which is known for high variability in anatomical osseous structure. In the present study, determination of a consistent set of reference points using the anterior and posterior tubercles and fibular axis ensured high measurement reliability.

A negative linear association was observed between the syndesmotomic translation and TCA during active motion. Previous studies also have reported translation of the fibula relative to the tibia during ankle external/internal rotation.<sup>17,45</sup> This translation may likely be explained by the wedge shape of the talus, which has a wider anterior portion than the posterior portion.<sup>46</sup> Previous studies of kinematics of normal ankles have shown that the fibula rotates externally and displaces laterally to enable the mortise to accommodate the wider anterior aspect of the talus.<sup>47</sup> During plantarflexion–dorsiflexion, the fibula slides forward to accommodate the wide anterior aspect of talus



**Figure 6** Linear association between sagittal ankle motion and syndesmotomic measurements. (a) Association between tibioalcalneal angle and SAD. (b) Association between tibioalcalneal angle and S-TFA. (c) Association between tibioalcalneal angle and SPD. (d) Association between tibioalcalneal angle and A-TFA. (e) Association between tibioalcalneal angle and ST.

in the mortise; however, no significant changes were observed in diastasis or rotation measurements during motion. This could be attributed to the fact that the measurements were performed on an axial plane, 10 mm above the tibial plafond, and fibular displacement and rotation could be higher on more distal planes, such as ankle level or 5 mm below the talar dome. A previous study also reported no significant change in syndesmotic tibiofibular angle during ankle external/internal rotation on the same plane as ours. In addition, there are no data regarding whether these measurements have sufficient accuracy to detect fibular displacement; thus, further studies are required to address this matter robustly.

The present findings suggest that fibular translation normally occurs during ankle motion, as evidenced by the significant change in syndesmotic translation. This is in contrast with a previous study that reported that the fibula is normally located anteriorly or centrally to the incisura, in which the authors suggested that posterior translation of the fibula could be a sign of malreduction in patients with previous ankle surgery.<sup>45</sup> Although the authors reported the imaging findings of 104 healthy ankles, they did not mention whether these ankles were in a neutral position during imaging and did not report the degree of dorsal or plantar flexion of the ankles during imaging. Thus, based on the present findings of fibular translation, the degree of ankle flexion during imaging should be considered, because the fibula translates during motion.

The present study has several limitations. First, no definitive diagnostic tools were available to confirm that any syndesmotic instability was present, and this could have biased our results. Second, the asymptomatic ankles of patients referred to the centre were used. Although only asymptomatic ankles with normal physical examinations and static CT examinations were included, subtle soft-tissue and ligamentous injuries (detectable only by MRI) that could not be detected clinically and may have been missed on imaging. Third, previous studies have shown that some measurements might differ between men and women; however, the results could not be stratified based on participant sex because the collection of asymptomatic ankles consisted of nine female participants and only one male participant. Fourth, in the current literature several measurements have been described for the assessment of syndesmotic injuries, and it is unfeasible to implement all measurements in one study; thus, the most cited and reliable measures were selected for the study. Further investigation is required to evaluate other measures using the 4DCT technique. Lastly, because the 4DCT technique has been implemented only recently, the sample size was small and the study may be underpowered to detect significant in for syndesmotic measurements during ankle motion; thus, further studies with larger sample sizes are warranted.

In conclusion, reliable evaluation of ankle syndesmosis can be performed using 4DCT examination. Syndesmotic measurements are independent of ankle motion except for the amount of syndesmotic translation, which tends to decrease during plantar flexion.

## Conflict of interest

The authors declare no conflict of interest.

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