



**NAME:** Ian

**REASON FOR CONTACTING BEST DOCTORS:**

Questioning the need for a second surgery

**BEST DOCTORS EXPERT SPECIALTY:**

Orthopaedic Surgery

“ My quality of life has really improved since I received the expert’s report and recommendations.”

**SINCE HIS CHILDHOOD SPRAIN, IAN ALWAYS HAD A WEAK LEFT ANKLE. DESPITE THIS WEAKNESS, HE COULDN’T STAY OFF OF IT DUE TO HIS LOVE FOR SPORTS. EVENTUALLY, RECURRING ANKLE SPRAINS EVENTUALLY FORCED HIM TO STOP ALL ACTIVITY AND UNDERGO SURGERY.**

When his condition didn’t improve after the operation, Ian went back to his doctor for further consultations. Tests revealed cartilage injury with swelling consistent with a ligament tear. This meant that Ian would undergo deterioration over time. His doctor recommended arthroscopy, a procedure used to insert a camera into the joint to see what’s going on.

Unable to do anything more active than walking, Ian became increasingly unstable on his feet, with his ankle constantly giving way.

However, he had doubts about having surgery, which kept him from proceeding until finally, worried that he might never return to playing sports, he decided to seek expert medical advice, which was available to him through his employer.

This advice would give him the confidence to make a decision one way or the other on surgery and what was next in his health journey.

“ I’m so pleased I reached out to an expert. They really set my mind at ease.”

The service helped specify the right kind of expert for Ian’s case. It selected an acclaimed orthopaedic surgeon who specialised in foot and ankle surgery. After reviewing his long history of ankle issues, surgery, and pain, the expert came to a diagnosis that had never been addressed before: chronic ligament instability, as opposed to ligament tearing from his original diagnosis. In the expert’s opinion, this was at the root of the problem and required correction before anything else.

The expert then provided a detailed plan of action, aimed at providing the best options for a lasting recovery, beginning with further testing and ending in corrective surgery. The expert report also included advice on practical measures that Ian could adopt in his daily life to prevent his condition from worsening.

Ian was extremely happy to receive the report and detailed action plan. He felt confident in the expert’s opinion and decided to go ahead with the recommended surgery. A year later, he was nearly pain-free and was able to play his favourite sports again.

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