Ankle cartilage injury and ankle instability can lead to chronic pain and a permanent instability. Therefore, many of the patients who have chronic ankle instability need an orthopaedic surgeon to ensure that the ankle can be restored to its normal function. Ankle instability can be treated with multiple surgical options to treat the damaged cartilage. Orthopaedic surgeons can perform several procedures and restoration techniques.

Surgical options include:

1. Arthroscopy: This procedure involves an incision into the ankle joint and can help repair ligaments or remove loose cartilage.
2. Arthroscopic débridement: This procedure involves removing loose cartilage or tissue from the ankle joint.
3. Arthroscopic meniscal repair: This procedure involves repairing a torn meniscus, which is a common injury.
4. Arthroscopic ligament reconstruction: This procedure involves reconstructing a ligament that has been torn or断裂.
5. Arthroscopic osteochondral autograft or allograft: This procedure involves transferring a piece of bone and cartilage from one part of the ankle to another to help repair the damaged cartilage.
6. Arthroscopic ankle joint fusion: This procedure involves fusing the ankle joint to reduce pain and stabilize the ankle.

In some cases, ankle arthritis may require a joint replacement to restore normal function. If conservative treatment fails to adequately reduce pain and increase function, a total ankle arthroplasty may be required. The procedure involves replacing the ankle joint with a prosthesis to restore normal function.

Ankle instability can be caused by a variety of factors, including:

- Inadequate treatment of ankle sprains
- Chronic ankle instability
- Repeated ankle sprains
- A feeling of the ankle giving way
- Prolonged walking
- Playing basketball

Patients with ankle instability should be aware of the symptoms and seek treatment early. Early intervention can help prevent chronic ankle instability and associated complications.

Consultation with an orthopaedic surgeon is recommended to determine the best treatment plan for ankle instability. Early intervention can help prevent chronic ankle instability and associated complications.