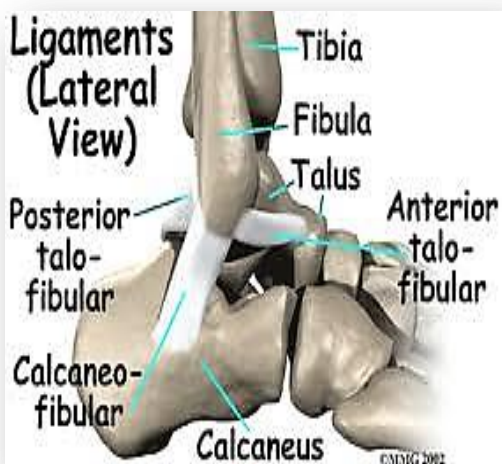


The Ankle, Foot and Lower Leg: 4 Commonly Seen Injuries

1. **Ankle Sprain:** Injury involving one or more ligaments in the ankle (see image below for ligaments).

- The ligaments of the ankle provide stability to the joint.
- Severity dependent upon number of ligaments involved, stretched vs torn and to the degree the ligament is torn.
- RX: rest/immobilization, ice, NSAIDs, compression wrap, elevation, and/or surgery.

Lateral View

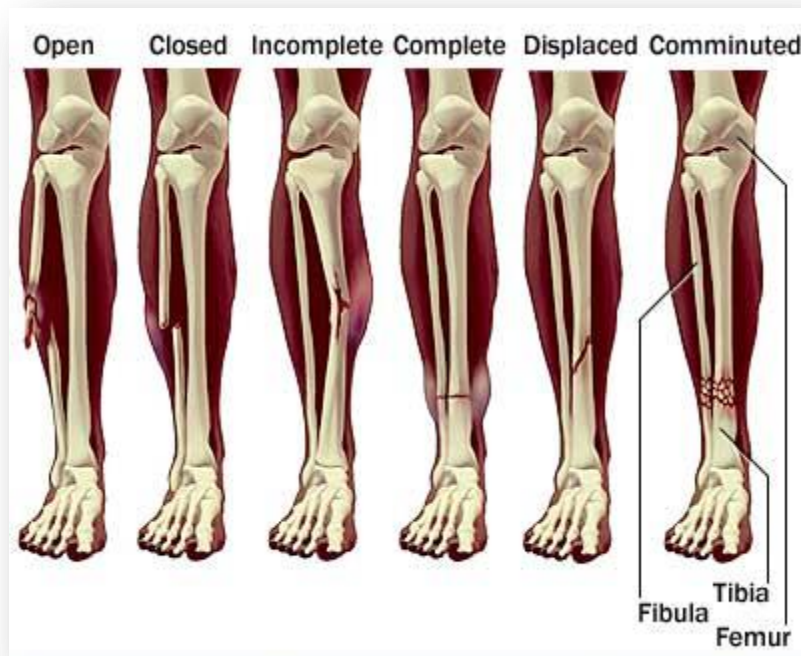


Medial View



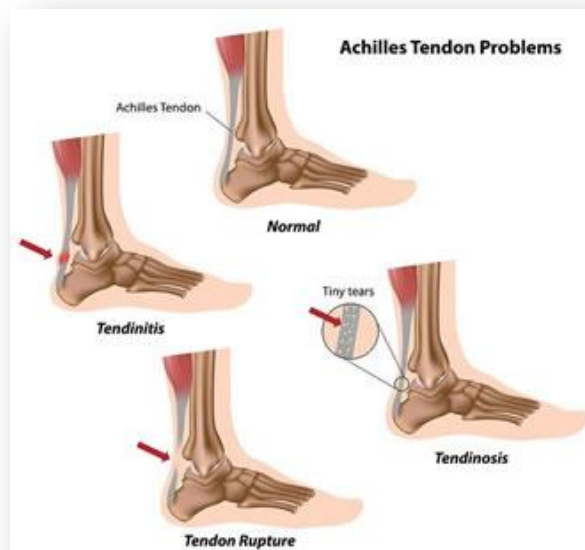
2. Ankle/Lower Leg Fracture:

- Injury involving one or more bones of the ankle/lower leg.
- Severity dependent upon number of bones involved, displaced vs non-displaced, protruding through skin.
- RX: rest/immobilization, ice, NSAIDs, compression wrap, elevation, and/or surgery.



3. **Achilles Tendonitis:** : Tendonitis is the inflammation of a tendon usually from overuse or can be due to an infection

- Inflammation caused by repetitive motions involving the Achilles tendon.
- Severity dependent upon if ligament is stretched vs torn and to the degree the ligament is torn.
- RX: rest/immobilization, ice, ultrasound/e-stim, NSAIDs, massage, stretching, exercise.



4. Pes Planus:

-Also known as “flat foot”; partial or complete loss of arch.

-RX: weight loss, rest, NSAIDs, orthotics and/or shoe modification, and/or surgery.

Pes Cavus:

-Excessively supinated foot as a result of a high arch.

-Loss of shock absorption ability or adaptation to uneven terrain.

-RX: questionable results with conservative intervention.

