Ankle and Leg Pathologies

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Lateral Ankle Sprains

🤔 Most Common (WHY?)
🤔 Mechanism
Ouchie!!!!!!
Lateral Ankle Sprains

Most Common (WHY?)

Mechanism

S/S
- Grade 1
- Grade 2
- Grade 3
Other Injuries as Result of PF and ADD force

Avulsion Fx
Other Injuries as Result of PF and ADD force

Avulsion Fx
Other Injuries as Result of PF and ADD force

- Avulsion Fx
- Bimalleolar Fx
  - Pott’s Fracture
Other Injuries as Result of PF and ADD force

- Avulsion Fx
- Bimalleolar Fx
- Base of 5\textsuperscript{th} MT Avulsion Fx
Other Injuries as Result of PF and ADD force

- Avulsion Fx
- Bimalleolar Fx
- Base of 5\textsuperscript{th} MT Avulsion Fx
- Osteochondral Fx
Other Injuries as Result of PF and ADD force

- Avulsion Fx
- Bimalleolar Fx
- Base of 5th MT Avulsion Fx
- Osteochondral Fx
- Peroneal Nerve Injury
- Chronic Ankle Sprains
Medial Ankle Sprains

- More serious
- 5% of Ankle Sprains
- Mechanism
- S/S
Other Eversion Force Injuries

- Knock-off (Push-off) Fx
- Avulsion Fracture to Tibia
Syndesmosis Sprain (High Ankle Sprain)

- Distal tibiofibular joint
- Mechanism
  - Concurrent injuries
- S/S
Fracture to Leg and Ankle

- Pott’s Fracture
- Epiphyseal Fractures
- Push-off Fracture
- Avulsion
- General S/S
Medial Tibial Stress Syndrome (Shin Splints)

Mechanism
- 10-15% of running injuries
- Overuse

S/S
- Medial tibial surface
- Four Grades
- Cardinal signs
Stress Fracture

Mechanism
- Accumulation of microtrauma
- Predisposing factors

S/S
Compartment Syndromes

Pressure within the compartments

Two types
- Acute
- Exertional

Compartment most often affect
- Anterior
- Deep Posterior
Acute Compartment Syndrome

MEDICAL EMERGENCY

Mechanism

– What happens

S/S

Tx

– COMPRESSION AND ELEVATION ARE CONTRAINDICATED

– NO ICE

anterior compartment syndrome

• what is the mechanism & effect of “anterior compartment syndrome” (of the leg)?
Chronic (Exertional) Compartment Syndrome

- Mechanism
- S/S
Achilles Tendon Strain

Mechanism

S/S
Achilles Tendonitis

Mechanism

S/S
Achilles Tendon Rupture

Mechanism

S/S

[Images of Achilles tendon and foot anatomy]
Peroneal Tendon Subluxation/Dislocation

Mechanism

S/S
Deep Vein Thrombosis

Mechanism

S/S
Os Trigonom

Mechanism

S/S

Trapping of Os Trigonom

Plantarflexion

Plantarflexion