



Ankle and Leg Pathologies

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Lateral Ankle Sprains

- ☀ Most Common (WHY?)
- ☀ Mechanism

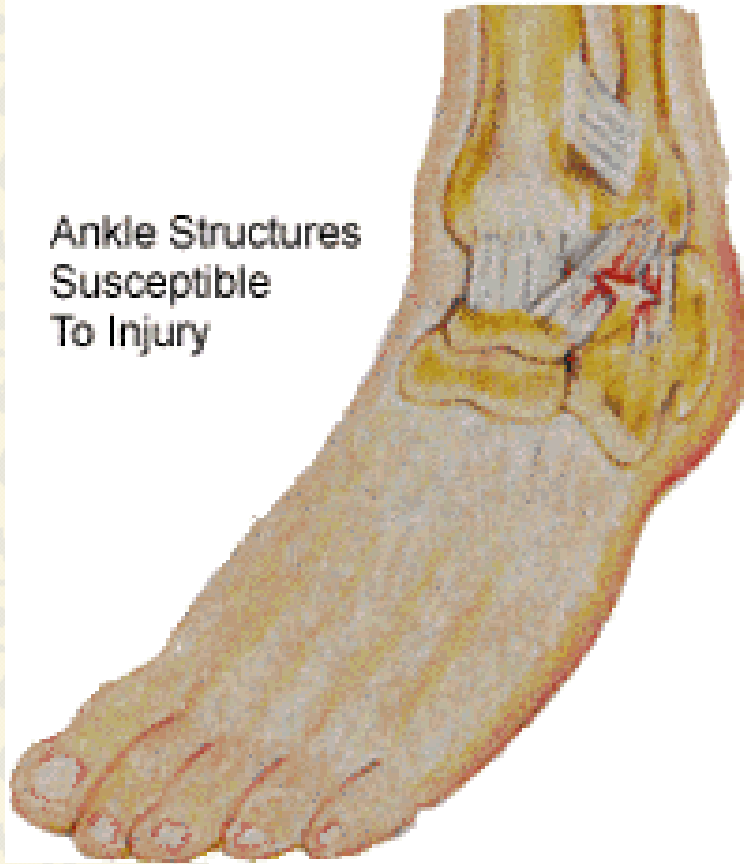


Ouchie!!!!!!



Lateral Ankle Sprains

Ankle Structures
Susceptible
To Injury



- ☀ 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



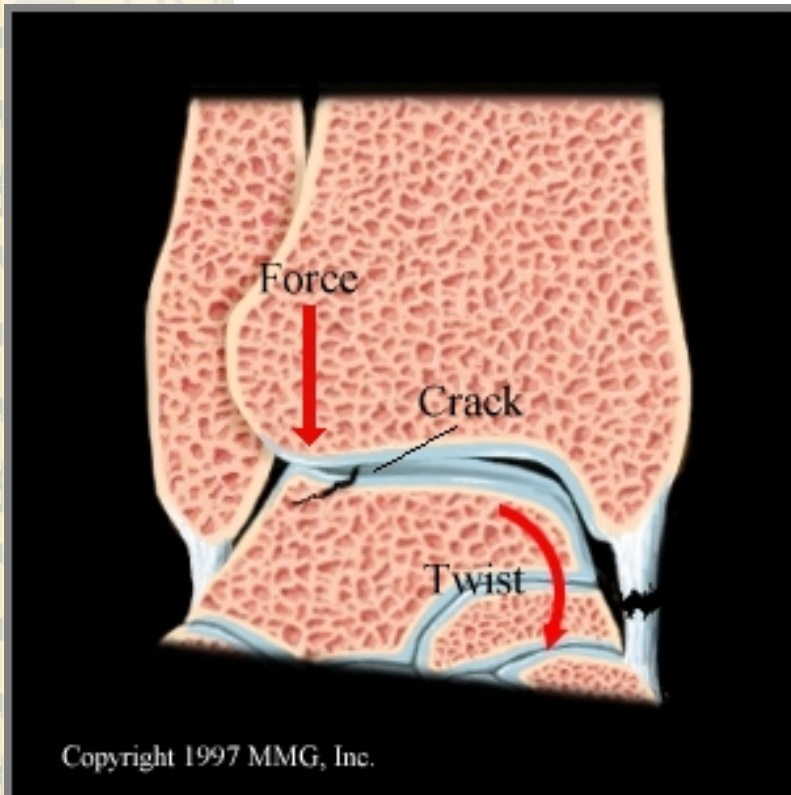
- ✦ Avulsion Fx
- ✦ Bimalleolar Fx
 - Pott's Fracture

Other Injuries as Result of PF and ADD force



- ☛ Avulsion Fx
- ☛ Bimalleolar Fx
- ☛ Base of 5th MT Avulsion Fx

Other Injuries as Result of PF and ADD force



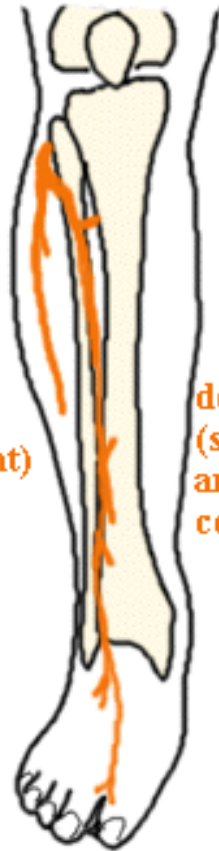
- ✦ Avulsion Fx
- ✦ Bimalleolar Fx
- ✦ Base of 5th MT Avulsion Fx
- ✦ Osteochondral Fx

Other Injuries as Result of PF and ADD force

Common peroneal nerve

superficial (supplies lateral compartment)

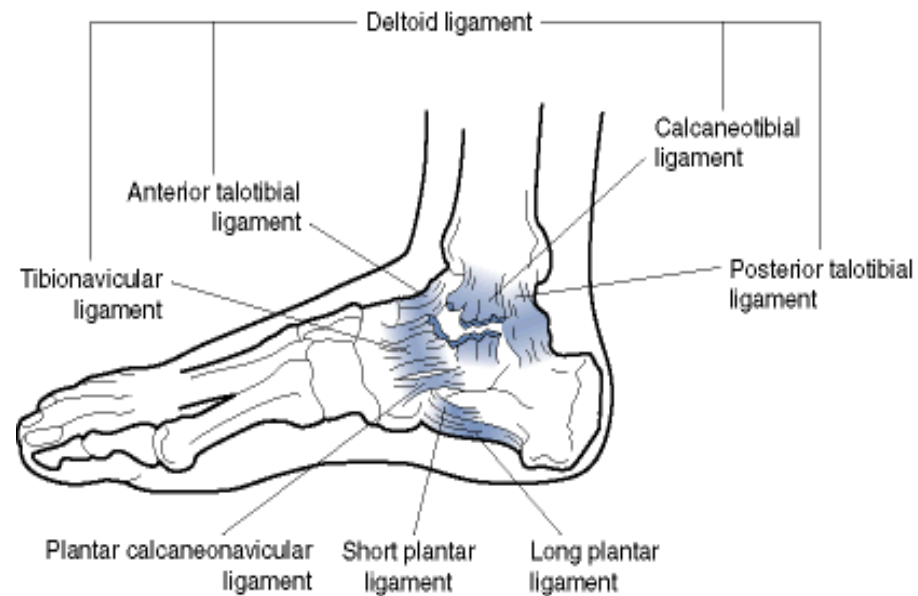
deep (supplies anterior compartment)



- ✦ 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



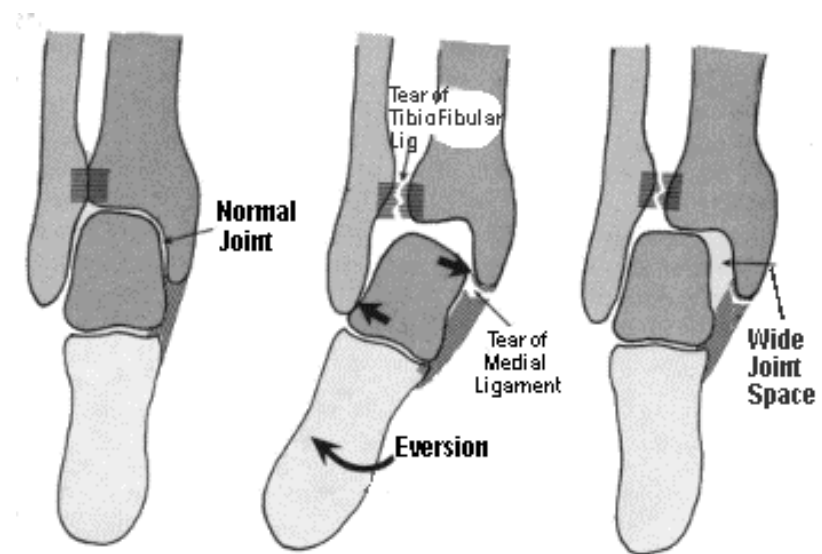
Other Eversion Force Injuries



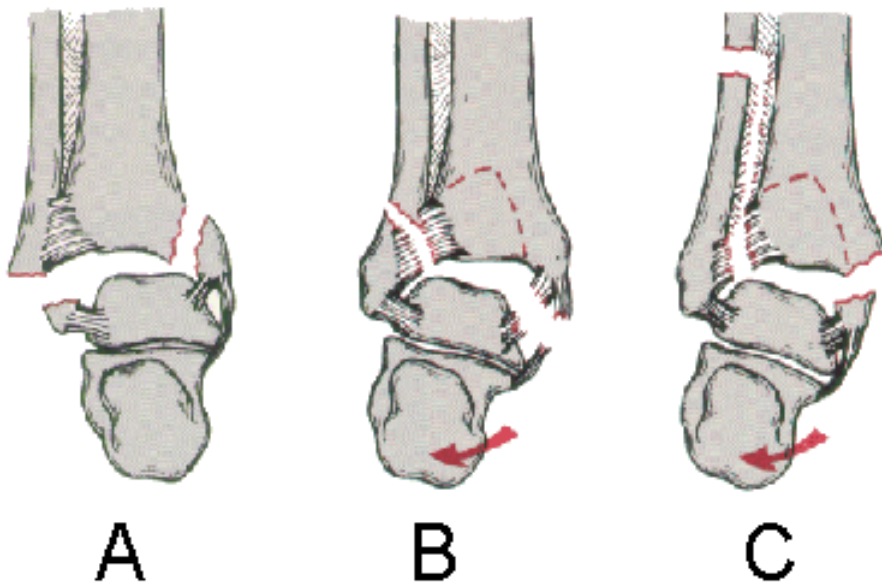
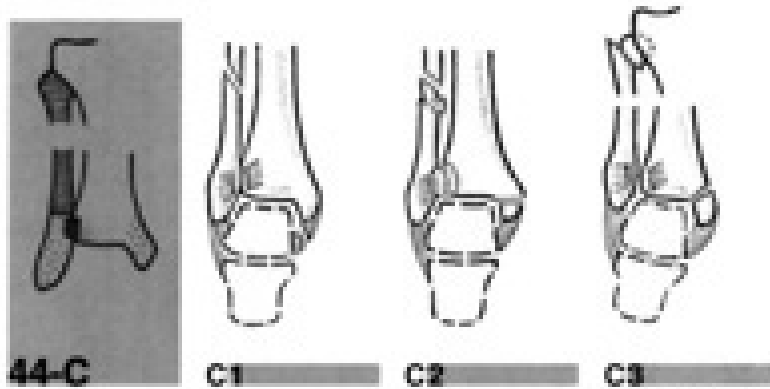
- ☛ Knock-off (Push-off) Fx
- ☛ Avulsion Fracture to Tibia

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

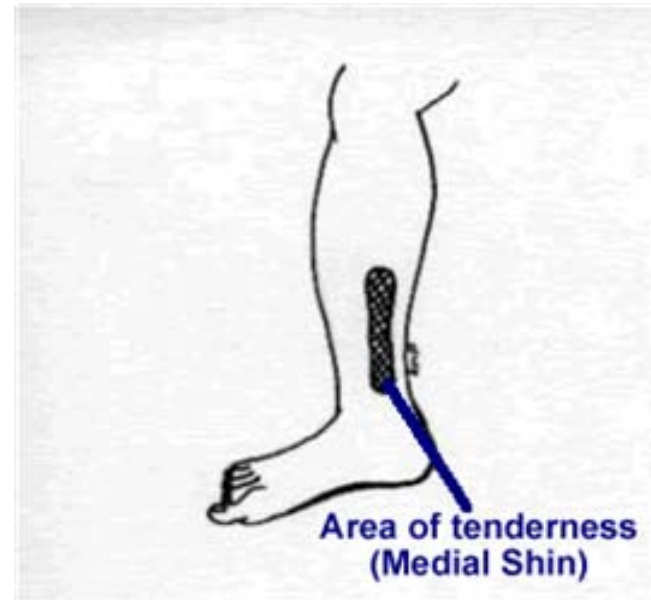
● Medial Tibial Stress Syndrome (Shin Splints)

📌 Mechanism

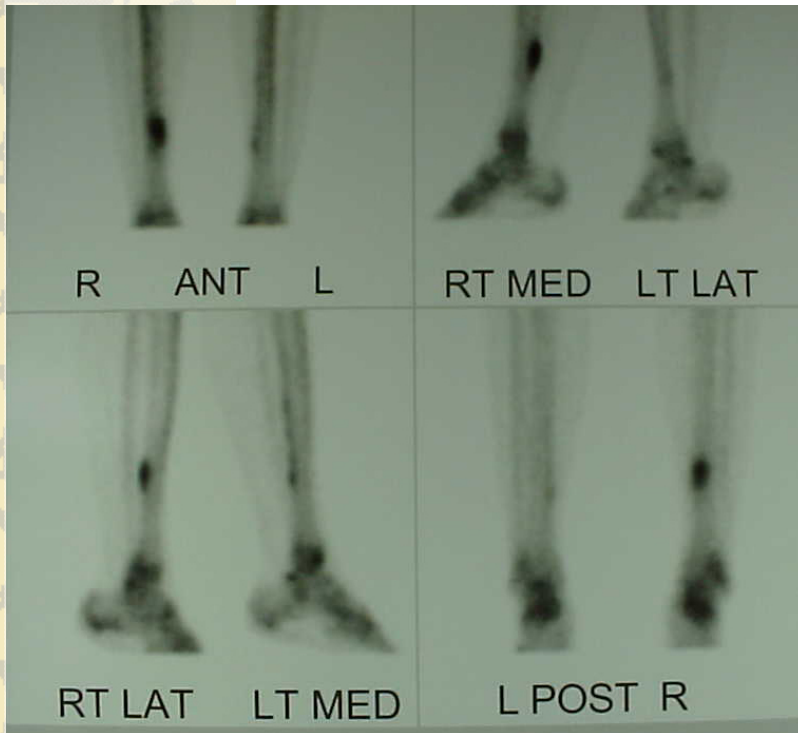
- 10-15% of running injuries
- Overuse

📌 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
- ✦ Compartments most often affect
 - Anterior
 - Deep Posterior

Acute Compartment Syndrome

⚡ MEDICAL EMERGENCY

⚡ Mechanism

- What happens

⚡ S/S

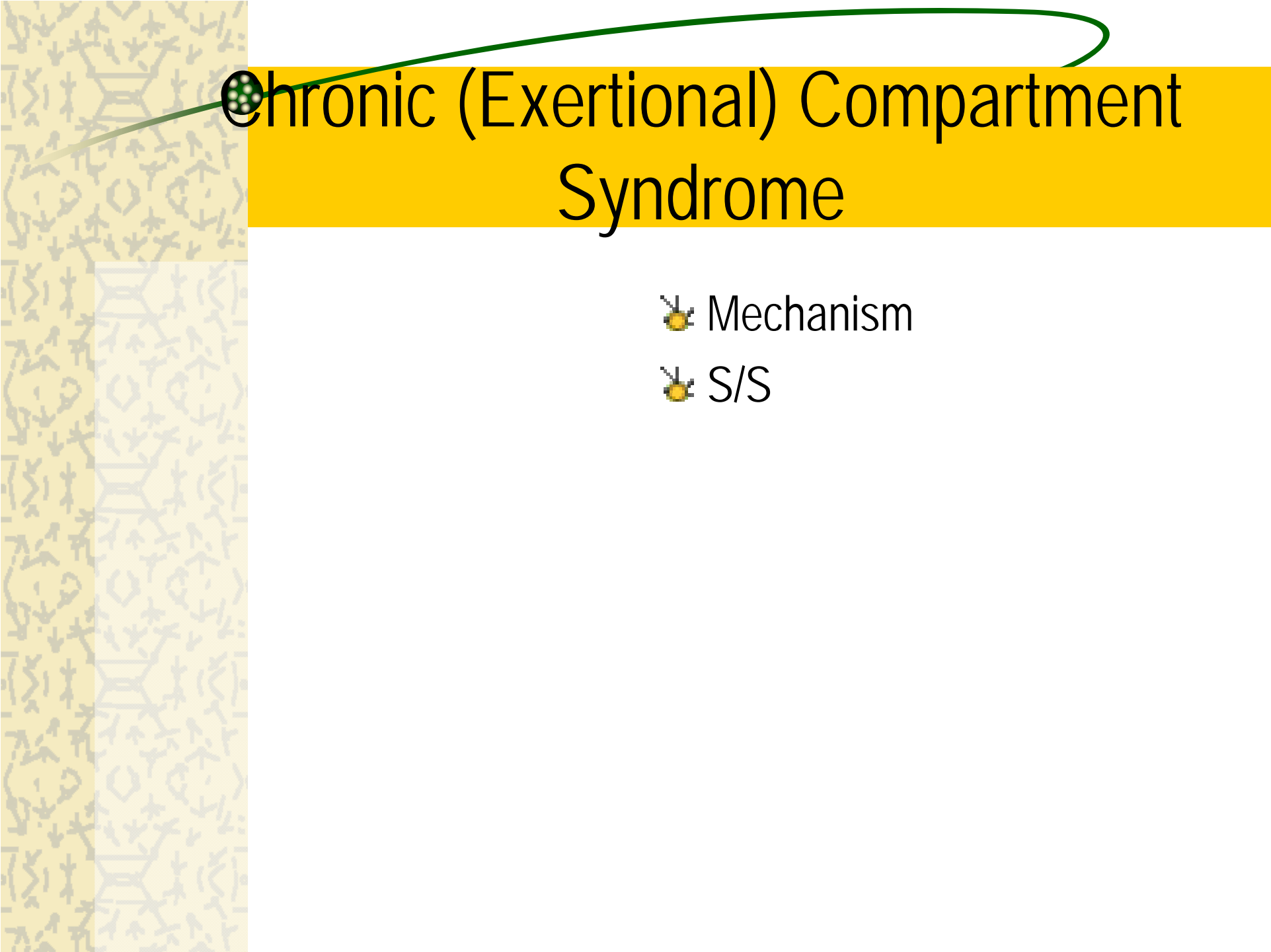
⚡ Tx

- 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



Peroneal Tendon Subluxation/Dislocation

☀ Mechanism

☀ S/S





Deep Vein Thrombosis

✦ Mechanism

✦ S/S

Os Trigonum

✦ Mechanism

✦ S/S

