

Ankle Injuries and Rehabilitation

Acute Injuries

An acute injury may occur from a direct blow, a fall, or from twisting, jerking, jamming, or bending the ankle abnormally. Your pain may be sudden and severe. Bruising and swelling may develop soon after your injury. Acute injuries include:

Bruises: After an ankle injury, deep purple-colored bruising may extend to your toes from the effects of gravity

Strains: Injuries to muscles and tendons, most commonly to the peroneal tendons.

Sprains: Injuries to your joints and ligaments. The most common ankle sprain is an inversion sprain where the foot rolls inward, injuring the ligaments on the outside portion of ankle—the posterior talofibular ligament, the anterior talofibular ligament, and the calcanofibular ligament. An eversion sprain, less common but usually more severe, affects the deltoid ligament of the internal ankle.

Fractures

Dislocation

Compartment Syndrome: crushing injury

Chronic or Overuse Injuries

Overuse injuries occur when too much stress is placed on your joint or other tissue, often by "overdoing" an activity or repeating the same activity over and over. Overuse injuries include:

Retrocalcaneal bursitis: inflammation of the bursa. This condition causes swelling and tenderness of the heel. Pain usually worsens while wearing shoes and during activity and improves during rest.

Achilles tendinitis: is the breakdown of soft tissues in and around the Achilles tendon that connects the calf muscles to the heel bone.

Stress Fracture: hairline crack in a bone

Plantar fasciitis: is an inflammation of the plantar fascia, a broad, flat ligament on the bottom of the foot that extends from the front of the heel to the base of the toes and helps maintain the arch of the foot.