

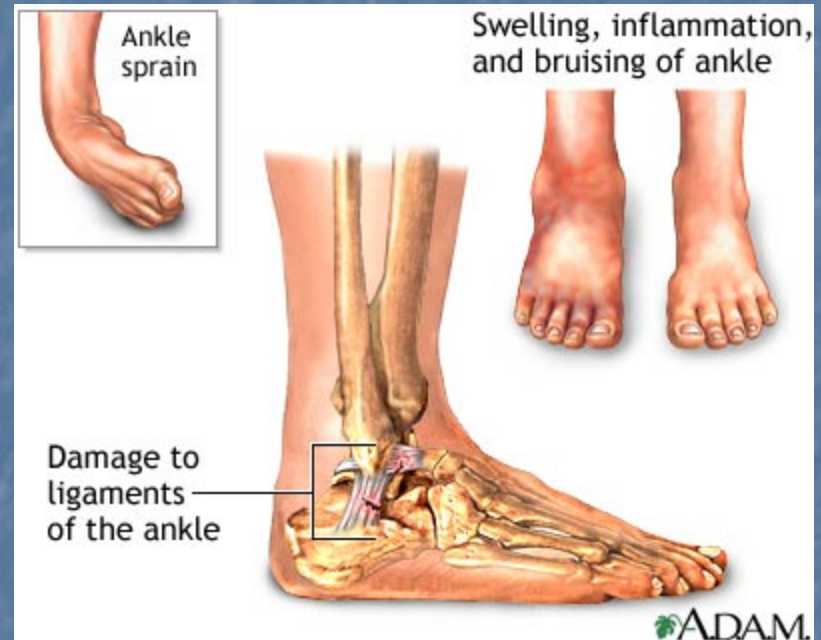
Common Foot and Ankle Disorders

By Nicholas J. Avallone, M.D.

www.dravallone.com

Ankle Sprains

- Common sports injury usually due to an inversion of the ankle
- Grade I: ATFL injured only
- Grade II: ATFL and CFL injured
- Grade III: ATFL, CFL and Deltoid Ligaments injured



Diagnosis

- Present with pain, swelling, bruising, inability to walk on ankle
- Tenderness over torn ligaments
- Xray if pain over bone, inability to ambulate or pain medially to palpation



Other Diagnoses

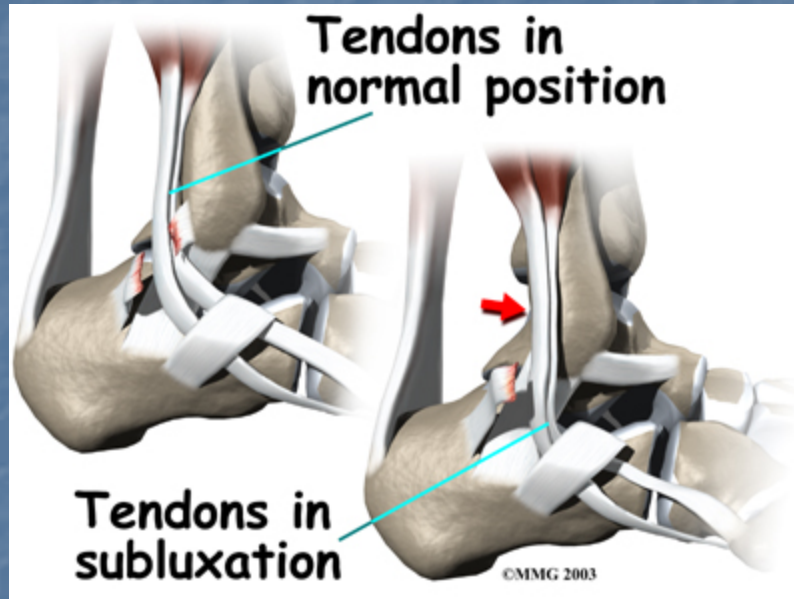
- Fracture of base of 5th metatarsal
- Ankle Fracture
- Osteochondral Injury to Talus
- High Ankle or Syndesmotic Sprain
- Peroneal Tendon Instability



Other Injuries continued



Osteochondral Injury



Peroneal Tendon Instability



High Ankle Sprain

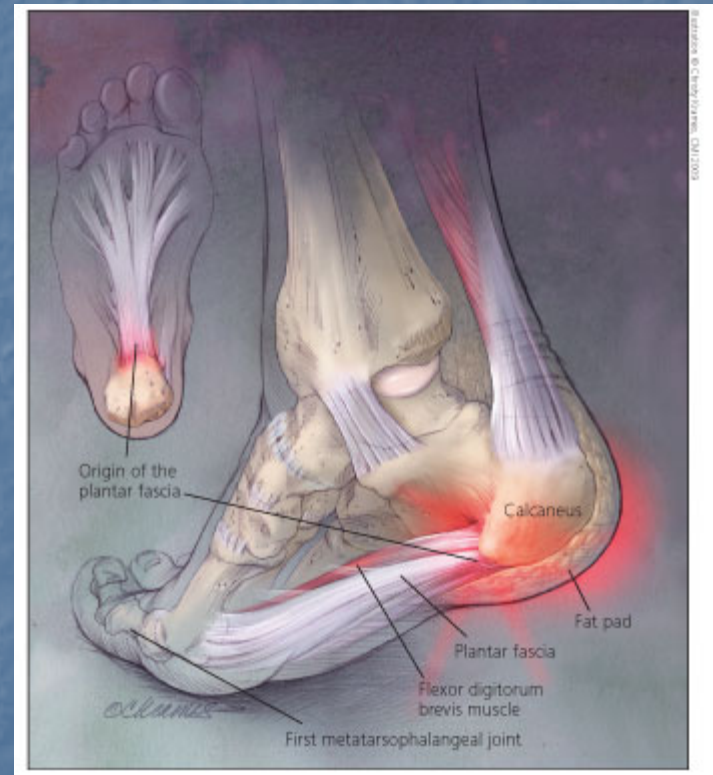
Ankle Sprain Treatment

- Rest
- Ice
- Compression
- Elevation
- Rehabilitation with stretching, strengthening and proprioceptive training
- Gradual Return to Sports



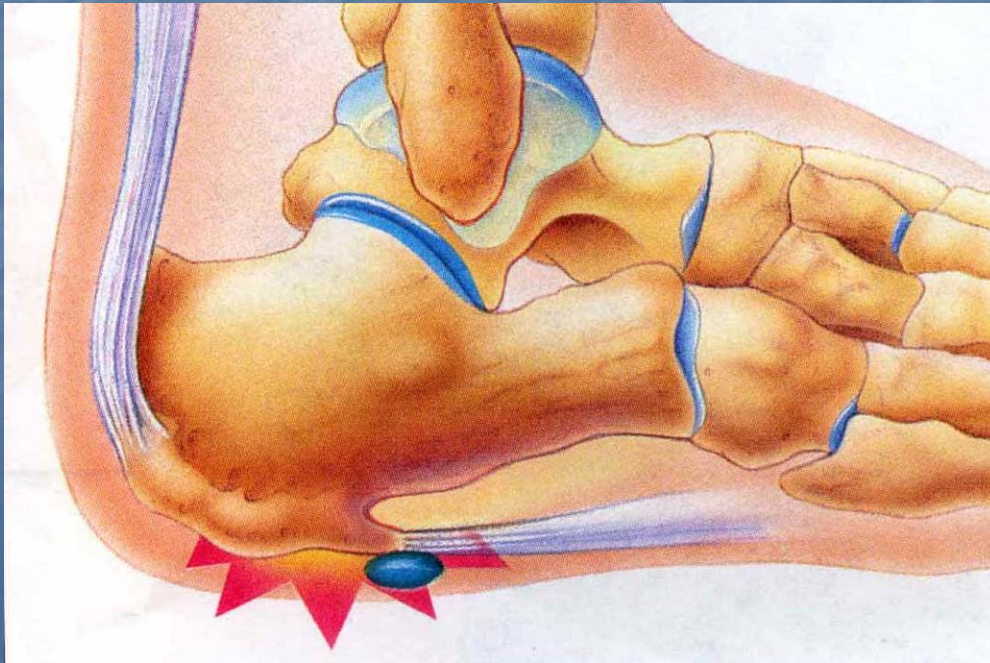
Plantar Fasciitis

- Common cause of heel pain
- Usually due to long periods of standing
- Pain worse when first get out of bed and at the end of the day



Diagnosis

- Pain at medial calcaneal tuberosity
- Tight heel cord
- Pain with dorsiflexion of foot



Treatment

- Stretching
- NSAIDs
- Night Splint
- Formal PT
- Steroid Injection
- PRP Injection
- Shock Wave Therapy
- Surgery



Posterior Tibial Tendon Insufficiency

- Often found as adult acquired flatfoot phenomenon
- Stage I: pain and swelling along tendon
- Stage II: flatfoot but supple hindfoot
- Stage III: flatfoot and rigid hindfoot
- Stage IV: arthritis at multiple ankle joints



Treatment

- Stage I and II disease can usually be treated with physical therapy and bracing
 - Arizona Brace
 - Airlift by Aircast
- Stage III and IV disease usually treated with surgery



Bunions

- Most commonly found in women
- Narrow shoes thought to be culprit in majority of patients
- Can come about due to neurologic or hereditary phenomena



Treatment

- Taping
- Spacer
- Accommodative Shoes
- Variety of Surgeries based on Severity



Bunion deformity pre-op left and post-op right with screw fixation.

Thank You

