



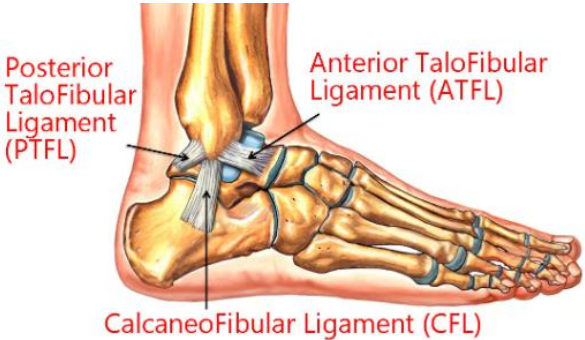
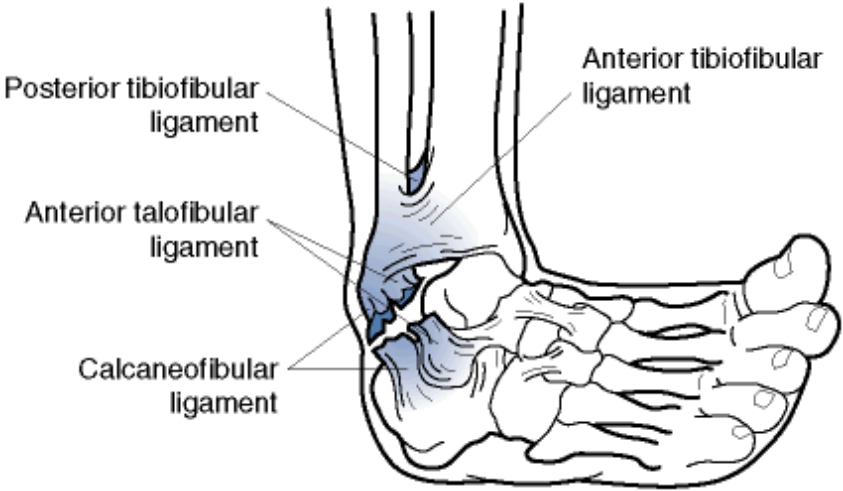


## ANKLE and FOOT SOFT TISSUE COMMON INJURIES AND DYSFUNCTION

Injury /condition	Description	Picture
Achilles rupture	<p>Achilles tendon rupture is a common injury that usually happens while playing sport or doing exercise. It is most likely to happen if the foot is suddenly forced up as in jumping. It makes it difficult to walk, run, climb stairs or stand on toe.</p> <p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Sudden, sharp and severe pain</li> <li>• Pain which settles into a dull ache</li> <li>• Snapping or popping sound when it happen</li> <li>• Swelling in a calf</li> <li>• Difficulty walking, inability to put a body weight on the affected leg or to stand on tiptoe</li> <li>• Bruising</li> </ul> <p><b>Causes:</b></p> <ul style="list-style-type: none"> <li>• It is most likely to happen if the foot is suddenly forced up as in jumping, playing sports such as football, running, basketball, diving, tennis, etc.</li> <li>• Direct trauma - a deep cut over the tendon</li> </ul> <p><b>Risk factors:</b></p> <ul style="list-style-type: none"> <li>• Ageing</li> <li>• Common training errors</li> <li>• Taking steroids and some antibiotics</li> <li>• Certain health conditions: Achilles tendinopathy, gout, rheumatoid arthritis and diabetes</li> </ul> <p><b>Management and recovery:</b></p> <ul style="list-style-type: none"> <li>• RICE</li> <li>• To see a doctor urgently</li> <li>• It takes from 6 weeks up to several months (4-6) after the injury to return to normal activity</li> <li>• Physio therapy</li> <li>• Massage</li> </ul>	

<p>Achilles tendinopathy</p>	<p>This repetitive process of acute inflammation (tendinitis) and poor tendon healing results in tendinopathy. It happens if the tendon does not have enough time to recover and is subjected to further activity, the healing process can become compromised. It results in a thickened, weakened and painful tendon.</p> <p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Pain and swelling of the tendon</li> <li>• Pin-point extreme tenderness on touching the tendon</li> <li>• Pain with activities such as running, skipping and jumping</li> <li>• Pain and stiffness worse in the morning or after sitting still</li> <li>• Pain eases with gentle activity</li> <li>• Pain increases a few hours or the day after an activity such as a run</li> </ul> <p><b>Causes:</b></p> <p>Occurs when Achilles tendinitis has existed for 8+ weeks and is resistant to improvement or resolution</p> <p><b>Risk factors:</b></p> <ul style="list-style-type: none"> <li>• Age: from the age of 30 onwards</li> <li>• Gender: more common in males</li> <li>• Being overweight</li> <li>• Diabetes</li> <li>• Leg muscles imbalance</li> <li>• Stiff joints in your foot</li> <li>• Common training errors</li> </ul> <p><b>Management and recovery:</b></p> <ul style="list-style-type: none"> <li>• RICE</li> <li>• Physiotherapy</li> <li>• Massage</li> <li>• It takes to recover from 6 weeks to several months</li> </ul>	
<p>Calcaneal bursitis</p>	<p>Inflammation and swelling of retrocalcaneal bursae.</p> <p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Pain while moving :walking ,running</li> <li>• Increased pain when attempting to walk</li> </ul>	

	<p>on tip-toe</p> <ul style="list-style-type: none"> <li>• Pain with movement of a joint</li> <li>• Pain with touching a joint</li> <li>• Swelling</li> <li>• Redness</li> <li>• Stiffness of a joint</li> </ul> <p><b>Causes:</b></p> <ul style="list-style-type: none"> <li>• Direct pressure - tight shoes, high heels</li> <li>• Repetitive motion - running, jumping</li> <li>• Common training errors</li> </ul> <p><b>Rick factors:</b></p> <ul style="list-style-type: none"> <li>• Underlying foot deformity such as Haglund's deformity</li> <li>• Some medical condition such as gout or arthritis.</li> </ul> <p><b>Management and recovery:</b></p> <ul style="list-style-type: none"> <li>• RICE</li> <li>• Physiotherapy</li> <li>• Massage</li> <li>• With proper diagnosis and treatment it takes up to 2-3 weeks</li> <li>• More serious cases may take from 6 to 12 months</li> </ul>	 <p>Retrocalcaneal bursitis      Subcutaneous calcaneal bursitis</p>
<p>Plantar fasciopathy</p>	<p>Plantar fasciitis is inflammation of the plantar fascia Plantar <b>fasciopathy</b> is the condition, where plantar fasciosis refers to a phase when damage or small breaks occur in the fibres of the fascia plane.</p> <p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Sharp pain in the inside part of the bottom of the heel</li> <li>• The worst heel pain with the first few steps in the morning</li> <li>• Pain with particular movements such as climbing stairs or standing on tiptoe</li> <li>• Heel pain after: exercise, seated rest or long periods of standing</li> <li>• Mild swelling in the heel</li> </ul> <p><b>Causes:</b></p> <ul style="list-style-type: none"> <li>• Plantar fasciitis</li> <li>• Direct pressure - tight shoes, high heels</li> </ul>	 <p>calcaneus</p> <p>Site of pain</p> <p>Plantar Fascia</p>

	<ul style="list-style-type: none"> <li>• Repetitive motion - running, jumping</li> <li>• Common training errors</li> <li>• Life style: jobs or activities involving long time standing</li> </ul> <p><b>Risk factors:</b></p> <ul style="list-style-type: none"> <li>• Bruising</li> <li>• Overstretching</li> <li>• Heel spur</li> </ul> <p><b>Management and recovery:</b></p> <ul style="list-style-type: none"> <li>• RICE</li> <li>• Physiotherapy</li> <li>• Arch supports(orthotics)</li> <li>• Massage</li> <li>• It improves within 6–18 months</li> <li>• Sometimes it becomes a chronic condition- symptoms may improve and then appear again - pain may remain consistent for a year</li> <li>• Sometimes it improves spontaneously within a year</li> </ul>	
<p>Talofibular ligament (ATFL)sprain</p>  <p>Posterior TaloFibular Ligament (PTFL)</p> <p>Anterior TaloFibular Ligament (ATFL)</p> <p>CalcaneoFibular Ligament (CFL)</p>	<p>The anterior talofibular ligament (ATFL) is <b>the most commonly injured ligament when the ankle is sprained on lateral aspect</b>. It's most common sports injury. It happens when speed or direction of the movement changed suddenly or falling or landing awkwardly.</p> <p><b>Symptoms :</b></p> <ul style="list-style-type: none"> <li>• Pain</li> <li>• Signs of inflammation:redness, swelling, heat, itching and bruising</li> <li>• Inability to bear weight on the ankle</li> <li>• Stiffness</li> <li>• Loss of strength</li> <li>• Feeling unsteady on the ankle</li> </ul> <p><b>Causes:</b></p> <p>A result of excessive force being applied to a joint - sudden change in speed or direction of the movement</p> <p>Fall or/and land awkwardly</p> <p><b>Management and recovery:</b></p> <ul style="list-style-type: none"> <li>• RICE</li> <li>• Physiotherapy</li> </ul>	 <p>Posterior tibiofibular ligament</p> <p>Anterior tibiofibular ligament</p> <p>Anterior talofibular ligament</p> <p>Calcaneofibular ligament</p>

- Massage
- It takes from **3 weeks to 6 months**, depending on the severity of the injury
- Rehabilitation to prevent re-occurrence



Shin splints (Medial tibial stress syndrome / compartment syndrome)

Shin splints are the name of exercise-induced pain in the anterior (medial) lower leg caused by an overuse or repetitive-stress. SS is a symptom caused by a number of different problems. It's one of the most common exercise (or play sports -running, etc) related problems.

**Symptoms:**

- Pain in the middle and lower shin and on the medial half
- Pain first comes on after exercising, running.
- Later pain during running or exercising.
- Severe cases – pain even when climbing stairs.

**Risk factors:**

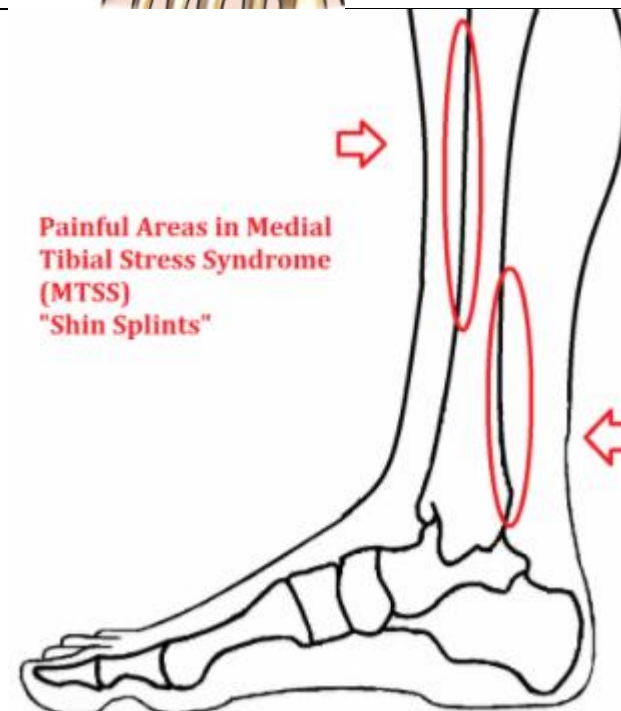
- Common training errors
- Lack of calcium.
- Hard running surfaces.
- Running up an incline
- Previous leg injury.
- Poorly fitted or inadequate running footwear
- Various problems with leg muscles (over-pronation of the foot, etc)

**Causes:**

Overuse or overactivity (common in runners)

**Medial tibial stress syndrome (MTSS)**

happens when the body is unable to heal



properly in response to repetitive muscle contractions and tibial strain: sheering forces from the soleus muscle biomechanically with contributions from the flexor digitorum longus and the crural fascia.

**Compartment syndrome** occurs when pressure rises in and around muscles causes limited flow of blood, oxygen and nutrients to muscles and nerves. It's painful and can cause serious damage and possible death. It mostly affect in the lower leg but it can also impact other parts of the body (legs, feet, arms, hands, abdomen and buttocks)

**Acute** compartment syndrome is a medical emergency- caused by trauma, broken bone.

**Chronic** compartment syndrome - caused by intense, repetitive exercise and usually stops with rest or changes in routine.

**Management and recovery:**

- RICE
- Physiotherapy
- **A plaster cast** in severe cases
- **Surgery** may be considered if all else fails.
- Rehabilitation to prevent re-occurrence
- It takes from **3 weeks to four months** to recover

The longer the condition has persisted, the longer it usually takes.

