

ANATOMY AND INJURIES

The ankle joint consists of 3 bones:



Peroneal tendons

Consist of two tendons that begin with an attachment to the calf muscle and end in attachments to the arch of the foot and the outer part of the foot.



MOST COMMON INJURIES

1 SPRAINING OR "ROLLING" THE ANKLE

This motion stretches the tendons to the point where they might snap or tear.

Pain, weakness, tenderness, or inability to put weight on the affected ankle

1

2

TENDONOSIS

General degeneration of the tendon tissue which occurs naturally over time.

↳ *Pain, swelling, instability in the joint.*

3 TENDONITIS

This can be caused by small or large tears, degeneration, or injury. This is what occurs when the tendon is not functioning properly.

Swelling, pain and tenderness in the ankle and foot.

3

4

SUBLUXATION

This can be caused by natural degeneration causing structural changes, an injury that dislocates the tendons, or a structural abnormality.

↳ *Popping sensation in the ankle, often accompanied by pain.*

Tendon Injuries

K Morrison



Tendon Injuries:

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