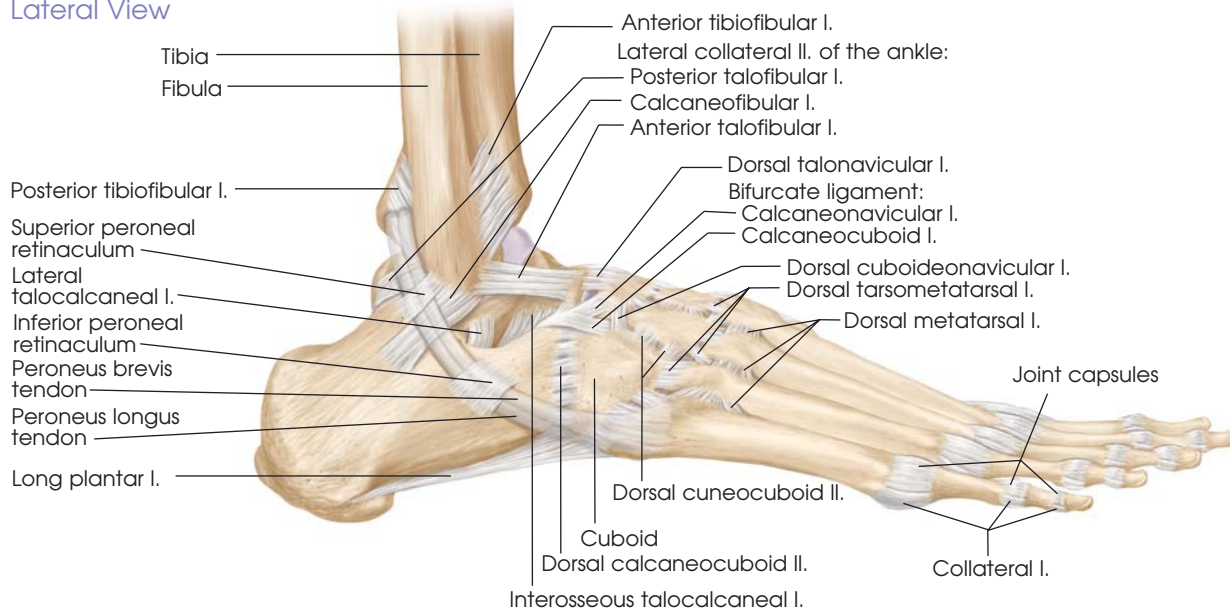


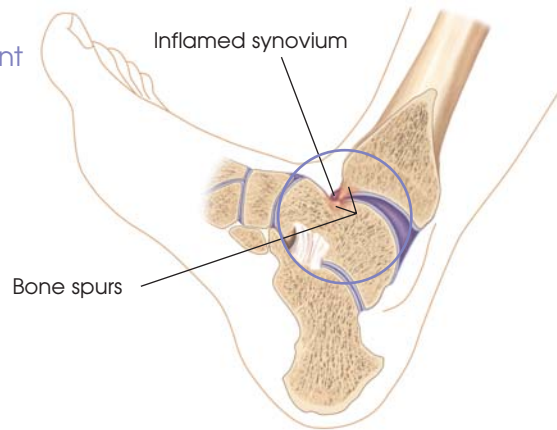
Ankle Impingement

Normal Ankle Anatomy: Lateral View



Key:
I. – ligament
II. – ligaments

Ankle Impingement



Ankle Impingement occurs when soft tissues or bony prominences get pinched between the ankle bones. Impingement can occur on the front of the ankle (anterior impingement) or at the back (posterior impingement). Anterior impingement is common in athletes such as football or basketball players and causes pain that can intensify when the foot moves into dorsiflexion (toes and foot pulled up). Posterior impingement can occur in ballet dancers who are frequently up on their toes. Pain occurs at the back of the ankle and is worse when the toes are pointed down (plantarflexion).

Common Treatment Options

- Rest the ankle.
- Your doctor may prescribe or recommended pain medication such as acetaminophen or an anti-inflammatory such as ibuprofen or naproxen.
- Immobilize the foot in a walking boot.
- Tape the ankle to prevent extremes of motion.
- Your doctor may recommend a steroid injection or surgery.

