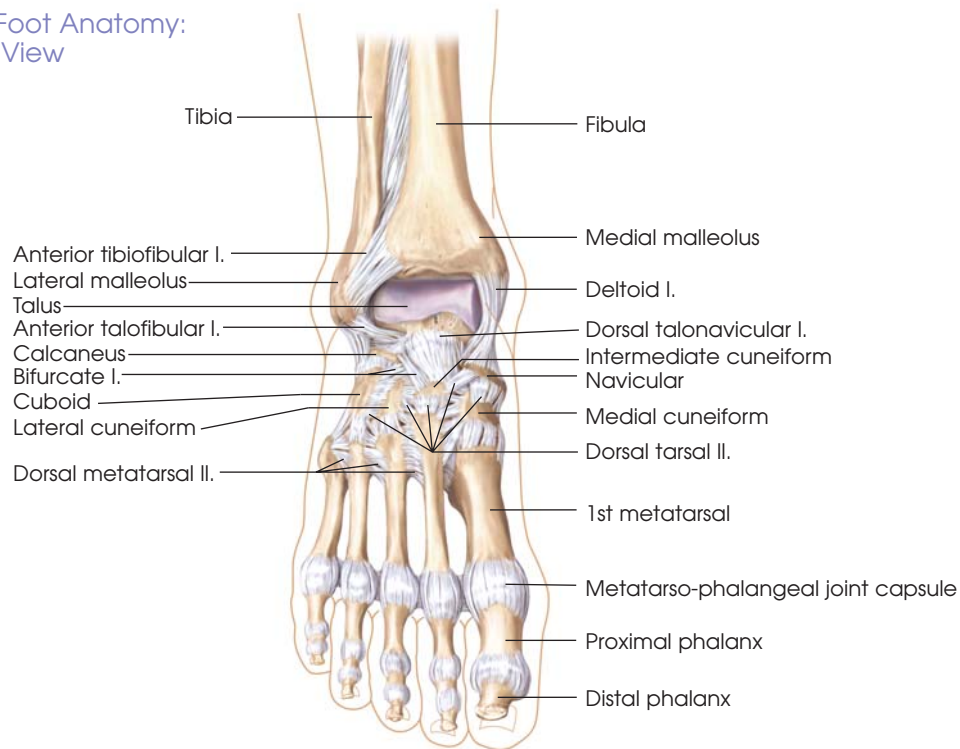


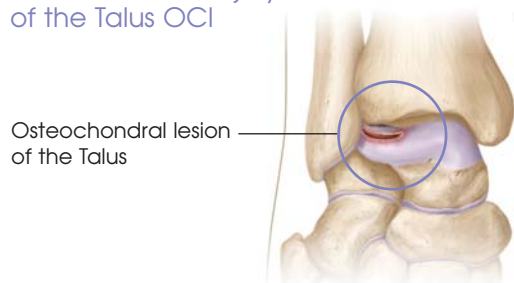
Osteochondral Injury of the Talus (OCI)

Normal Foot Anatomy:
Anterior View



Key:
I. – ligament
II. – ligaments

Osteochondral Injury of the Talus OCI



Osteochondral Injury of the Talus (OCI) is an injury within the ankle joint, on the surface of the cartilage or bony part of the talus. OCIs can cause pain, swelling and stiffness. OCI may occur due to repetitive overuse but is commonly due to trauma and related to a severe ankle sprain.

Common Treatment Options

Treatment depends on when the OCI is discovered. Options include:

- Using crutches and techniques to keep weight off the ankle.
- Keeping the ankle immobile by using a boot or cast.
- Surgery may be recommended – either arthroscopic or open.

Notes:

Contact information

