

Don't Delay!
Foot & Ankle Injuries
Requiring Immediate Care

Scenarios for Traumatic Foot & Ankle Injuries

- Sports
- Motor vehicle accidents
- Falling down

Categories of Traumatic Foot & Ankle Injuries

- Fracture – partial or complete break in bone
- Dislocation – bone slips of a joint
- Tendon tear – partial or complete

Traumatic Injuries of the Ankle

Ankle Fractures

- Differ in severity
 - Least severe: avulsion fractures
 - Most severe: shattering breaks
- Causes
 - The ankle rolls inward or outward
 - Falling, stepping off a curb, motor vehicle accidents, sports

Symptoms of Ankle Fractures

- Severe pain
- Swelling
- May – or may not – be able to bear weight
- Can mistake it for a sprained ankle

Diagnosis and Treatment of Ankle Fractures

- Emergency room
 - X-rays and referral to a foot and ankle surgeon
- Follow up with a foot and ankle surgeon
 - Sometimes additional tests are ordered
 - Treatment (surgical or nonsurgical)

Dislocation of the Ankle

- Tibia and fibula out of usual position
- Can be associated with a fracture
- Can damage blood vessels, nerves and skin
- Causes
 - High falls
 - Motor vehicle accidents
 - Sports

Symptoms of a Dislocated Ankle

- Severe pain and swelling
- Ankle may look out of place
- Bone may be sticking out
- Standing is difficult or impossible
- Sometimes numbness and tingling of the foot

Diagnosis and Treatment of Dislocated Ankles

- Emergency room
 - Return the ankle to its normal position by a foot and ankle surgeon
- Follow up with a foot and ankle surgeon
 - Monitor the bones, nerves and blood supply
 - Treatment (surgical or nonsurgical)

Tendon Tears in the Ankle

- Peroneal tears (along the outer ankle bone) most common
- Can be partially or completely torn
- Causes
 - Falling objects
 - Motor vehicle accidents
 - Sports

Symptoms of a Peroneal Tendon Tear

- Pain (soreness)
- Sometimes no pain, but feels strange
- Bruising, often 24 hours later
- Swelling
- Snapping sound

Diagnosis & Treatment of Peroneal Tendon Tears

- See foot and ankle surgeon within a few weeks
 - Will order an MRI to evaluate the injury
- Treatment
 - If severe, surgery is needed to repair or replace the tendon
 - If not severe, cast or walking boot for 1-3 months

Traumatic Injuries of the Foot

Foot Fractures

- Can occur in the toes (phalanges), long bones (metatarsals), heel bone (calcaneous), etc.
- Differ in severity
 - Least severe: avulsion fractures
 - Most severe: Jones fracture (in the fifth metatarsal); calcaneal fracture
- Common Causes
 - Misstep
 - Car accident
 - Falling from a height
 - Sports

Symptoms of Foot Fractures

- Pain
- Swelling
- Perhaps bruising
- Difficulty walking

Diagnosis & Treatment of Foot Fractures

- Emergency room
 - X-rays and referral to foot and ankle surgeon
- Follow up with a foot and ankle surgeon
 - May order additional tests
 - Some fractures require surgery; others do not
 - Casting
 - Toe fractures usually don't require surgery and are splinted

Dislocation of the Foot

- Bones are forced out of position
- Can be associated with a fracture
- Can damage blood vessels, nerves and skin
- Causes
 - Falls
 - Motor vehicle accidents
 - Sports

Symptoms of a Foot Dislocation

- Pain
- Swelling
- Bruising
- Standing is difficult
- Bones look out of place

Diagnosis & Treatment of Foot Dislocation

- Emergency room
 - Return bones to normal position by foot and ankle surgeon
- Follow up with a foot and ankle surgeon
 - Monitor the bones, nerves and blood supply
 - Treatment may be surgical or nonsurgical

Tendon Tears in the Foot

- Much less common in the foot than in the ankle

For Traumatic Foot & Ankle Injuries . . .

Get Immediate Care – & Effective Follow-up Care

Next Step Foot & Ankle Clinic

Universal City 210.375.3318

Pleasanton 830.569.3338

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