

# Exercise Injuries to the Foot & Ankle



**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*

# Where Do These Injuries Occur?

---

- Toes
- Forefoot (front of the foot)
- Midfoot (middle of the foot)
- Hindfoot (heel and ankle)



# Toe Injuries

---

- Nail injuries
- Skin injuries
- Bone injuries



**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*

# Toe Injuries: Nail & Skin

---

- Bruised toenails
- Ingrown toenails
- Blisters, cuts and abrasions



**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*

# Toe Injuries: Fractures & Dislocations

---

- Fractured (broken) toe
- Dislocated toe
- Both



# Forefoot Injuries

---

- Fractures of the metatarsal bones
- Inflamed joints
- Nerve injuries
- Tendonitis



**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*

# Fractures in the Forefoot

---

- Stress fracture of the metatarsal bone
- Traumatic fracture of the metatarsal bone



# Other Forefoot Injuries

---

- Inflamed joints
- Nerve injuries
- Tendonitis



American College of  
Foot and Ankle Surgeons®

*Proven leaders. Lifelong learners. Changing lives.*



# Midfoot Injuries

---

- Lisfranc injuries
  - Sprain
  - Fracture
  - Dislocation
- Painful accessory navicular bone



# Hindfoot Injuries

---

- Heel pain (plantar fasciitis, etc.)
- Haglund's deformity
- Achilles tendon injuries
- Other tendon injuries
- Ankle sprains



**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*

# Heel Pain

---

- Bottom of the heel
  - Plantar fasciitis
  - Stress fracture
  - Nerve entrapment
  - Sever's disease (in children)
- Back of the heel
  - Heel spur
  - Bursitis
  - Achilles tendon injury
  - Haglund's deformity



# Achilles Tendon Injuries

---

- Partial tear
- Complete tear (a rupture)
- Achilles tendonitis/Achilles tendonosis



# Other Tendon Injuries in the Hindfoot

---

- Peroneal tendon
  - Tear
  - Subluxation (dislocation)
  - Tendonitis or tendinosis
- Posterior tibial tendon
  - Posterior tibial tendon dysfunction



# Ankle Sprains

---

- Modify activities
  - Stretched
  - Partially or completely torn
- Severity depends on
  - How many ligaments are injured
  - Extent of the damage
- Symptoms
  - Pain, swelling or just feeling wobbly
  - Bruising
  - Difficulty walking



# Possible Treatment Strategies

---

- Rest
- Icing
- Anti-inflammatory medication
- Offloading (crutches, etc.)
- Physical therapy
- Orthotics/braces/modifying athletic shoes
- Corticosteroid injections
- Surgery



For Foot & Ankle Injuries from  
Exercise . . . Proper Diagnosis &  
Effective Treatment are Vital

---

(Place DPM's contact info here)



**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*





**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*