

# Don't Delay!

## Foot & Ankle Injuries Requiring Immediate Care



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# Scenarios for Traumatic Foot & Ankle Injuries

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- Sports
- Motor vehicle accidents
- Falling down



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# Categories of Traumatic Foot & Ankle Injuries

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



# Traumatic Injuries of the Ankle



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# Ankle Fractures

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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



# Diagnosis & Treatment of Peroneal Tendon Tears

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- 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



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# Foot Fractures

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- 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

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## Fractures

- Pain
- Swelling
- Perhaps bruising
- Difficulty walking



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# Diagnosis & Treatment of Foot Fractures

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- 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

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- 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

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



# Diagnosis & Treatment of Foot Dislocation

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- 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

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- Much less common in the foot than in the ankle



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# For Traumatic Foot & Ankle Injuries . . .

## Get Immediate Care – & Effective Follow-up Care

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(Place DPM contact info here)



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