FOOT AND ANKLE INJURIES IN ATHLETES
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The presenter has no financial relationship with any company or technique discussed in this presentation.
At the conclusion of this presentation, the participant should be able to:

- Plan a course of examination for an injured foot or ankle
- Choose appropriate imaging studies for the injury
- Formulate a treatment plan
- Devise strategies to prevent recurrence
LOCATION OF INJURIES IN THE FOOT AND ANKLE

- Bones, physes
- Joints
- Apophyses (tendons)
- Ligaments
- Plantar fascia
- Joint capsules
BONE INJURIES

- Fractures
- Stress fractures
- Physeal fractures (in young)
- Avulsion fractures (tendons and ligaments)
Subtalar calcaneal fracture
Rest
- Corticosteroid injection
- Operative excision

CALCANEAL OSSICLE -- TREATMENT
JOINT INJURIES

- Osteochondral fractures
- Osteochondritis dissecans
- Impingement
  - Os trigonum
  - Soft tissue
- Instability (ligaments)
- Coalitions
Os trigonum posterior impingement
OS TRIGONUM -- TREATMENT

- Rest, avoid plantar flexion
- Corticosteroid injection
- Operative excision
Meniscoid lesion anterior tibiotalar joint – anterior impingement
ANTERIOR IMPINGEMENT -- TREATMENT

- Rest, NSAIDs, brace
- Consider corticosteroid injection
- Arthroscopic debridement
Talocalcaneal coalition
- Rest, NSAIDs, brace
- Custom orthotic inserts
- Inject pseudarthrosis with corticosteroid if cartilage
- Operative excision of coalition
Talus osteochondritis dissecans
OSTEOCHONDRITIS DISSECANS – TX

- Grade 1 – Rest, brace
- Grade 2-4 – Arthroscopic or open drilling, stabilization and/or excision of fragment
- Pain after excision – microfracture, OATS, ACI
CASE STUDY

- 12 year-old boy
- Severe heel pain
- Worse now that soccer season has started
SYMPTOMS

- Bilateral heel pain
- Stiff-appearing running form
- Pain worse in soccer shoes
- Orthotics have not helped
HEEL PAIN TRIAD

- Achilles tendinitis
- Sever’s apophysitis
- Plantar fasciitis
HEEL PAIN TRIAD

- Common problem is tight heel cords
- Treatment is rest and stretching to achieve 20 degrees dorsiflexion.
- Heel lifts can help in short term
Many causes of pain in foot and ankle
Determine whether bone or soft tissue
Remove stressors to injured tissue
Plan to protect area from future stress
Use bracing, orthotics as needed
Do not forget about anterior and posterior soft tissue ankle impingement
Heel cords are frequently too tight

SUMMARY