

Foot and ankle trauma

W.B. Saunders - Foot & Ankle Tendons: Anatomy, Function & Injuries



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Foot and Ankle Trauma

Even more mild injuries can weaken your foot and ankle structure which can lead to chronic pain or instability. Once the band has time to stretch, the pain will often subside significantly but will continue to flare up again after each time that it is rested.

One Ankle Swelling (left or Right Foot): Causes, Treatment

When you start a new activity or sport, increase your time and intensity gradually.

Lateral foot pain: Symptoms, causes, and treatment

Tendon injuries of the foot and ankle.

8 Common Foot Injuries

Tarsal coalition Tarsal coalition is a congenital condition, meaning that it is present at birth. If you need a second opinion and require a complex revision surgery, such as a total ankle replacement or vascularized bone grafting, we use the most advanced technology to restore maximum function, minimize pain and ensure the quickest possible recovery. This is because pain and swelling limits joint flexibility.

Foot and Ankle Trauma

The length of the recovery period will vary, depending on the procedure or procedures performed. We share tips on how to treat these frequent injuries at-home and when to seek professional care. Excess body mass can decrease blood circulation, causing fluid to build up in the feet, legs, and ankles.

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