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## Leg Injuries and Disorders

Your legs are made up of bones, blood vessels, muscles, and other connective tissue. They are important for motion and standing. Playing sports, running, falling, or having an accident can damage your legs. Common leg injuries include **sprains and strains** [<https://medlineplus.gov/sprainsandstrains.html>] , joint dislocations [<https://medlineplus.gov/dislocations.html>] , and fractures [<https://medlineplus.gov/fractures.html>] (broken bones).

These injuries can affect the entire leg, or just the foot [<https://medlineplus.gov/footinjuriesanddisorders.html>] , ankle [<https://medlineplus.gov/ankleinjuriesanddisorders.html>] , knee [<https://medlineplus.gov/kneeinjuriesanddisorders.html>] , or hip [<https://medlineplus.gov/hipinjuriesanddisorders.html>] . Certain diseases also lead to leg problems. For example, knee osteoarthritis, common in older people, can cause pain and limited motion. Problems in your veins in your legs can lead to varicose veins [<https://medlineplus.gov/varicoseveins.html>] or deep vein thrombosis [<https://medlineplus.gov/deepveinthrombosis.html>] .


### Start Here

- Leg Problems [<https://familydoctor.org/symptom/leg-problems/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-las-piernas/?adfree=true>]


### Diagnosis and Tests

- Ankle-Brachial Index [<https://www.mayoclinic.org/tests-procedures/ankle-brachial-index/about/pac-20392934?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/ankle-brachial-index/about/pac-20392934?p=1>]
- Leg Problems [<https://familydoctor.org/symptom/leg-problems/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-las-piernas/?adfree=true>]
- X-Ray Exam: Leg Length [<https://kidshealth.org/en/parents/xray-leg-length.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/xray-leg-length.html>]
- X-Ray Exam: Lower Leg (Tibia and Fibula) [<https://kidshealth.org/en/parents/xray-lower-leg.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/xray-lower-leg.html>]
- X-Ray Exam: Upper Leg (Femur) [<https://kidshealth.org/en/parents/xray-femur.html>] (Nemours Foundation)




### Living With

- Mobility Aids: MedlinePlus Health Topic [<https://medlineplus.gov/mobilityaids.html>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/mobilityaids.html>]

### Related Issues

- Sports Injuries [<https://www.niams.nih.gov/health-topics/sports-injuries>]  
 (National Institute of Arthritis and Musculoskeletal and Skin Diseases)  
Also in Spanish [<https://www.niams.nih.gov/es/informacion-de-salud/lesiones-deportivas>]






# Specifics

- **Achilles Tendon Rupture** [<https://www.mayoclinic.org/diseases-conditions/achilles-tendon-rupture/symptoms-causes/syc-20353234?p=1>] (Mayo Foundation for Medical Education and Research)
- **Broken Leg** [<https://www.mayoclinic.org/diseases-conditions/broken-leg/symptoms-causes/syc-20370412?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/broken-leg/symptoms-causes/syc-20370412?p=1>]
- **Buerger Disease** [<https://www.mayoclinic.org/diseases-conditions/buergers-disease/symptoms-causes/syc-20350658?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/buergers-disease/symptoms-causes/syc-20350658?p=1>]
- **Claudication** [<https://www.mayoclinic.org/diseases-conditions/ Claudication/symptoms-causes/syc-20370952?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/ Claudication/symptoms-causes/syc-20370952?p=1>]
- **Femur Shaft Fractures (Broken Thighbone)** [<https://orthoinfo.aaos.org/en/diseases--conditions/femur-shaft-fractures-broken-thighbone/>] (American Academy of Orthopaedic Surgeons)
- **Hereditary Spastic Paraplegia** [<https://www.ninds.nih.gov/health-information/disorders/hereditary-spastic-paraplegia>]  (National Institute of Neurological Disorders and Stroke)
- **Leg Swelling** [<https://www.mayoclinic.org/symptoms/leg-swelling/basics/definition/SYM-20050910?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/symptoms/leg-swelling/basics/definition/sym-20050910?p=1>]
- **Lymphedema** [<https://www.mayoclinic.org/diseases-conditions/lymphedema/symptoms-causes/syc-20374682?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/lymphedema/symptoms-causes/syc-20374682?p=1>]
- **Night Leg Cramps** [<https://www.mayoclinic.org/symptoms/night-leg-cramps/basics/definition/SYM-20050813?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/symptoms/night-leg-cramps/basics/definition/sym-20050813?p=1>]
- **Peripheral Arterial Disease and Claudication** [<https://familydoctor.org/condition/peripheral-arterial-disease-and-claudication/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/concion/enfermedad-arterial-periferica-y-claudicacion-es/?adfree=true>]
- **Peripheral Neuropathy** [<https://www.ninds.nih.gov/health-information/disorders/peripheral-neuropathy>]  (National Institute of Neurological Disorders and Stroke)  
Also in Spanish [<https://www.ninds.nih.gov/es/health-information/disorders/neuropatia-periferica>]
- **Progressive Collapsing Foot Deformity (Flatfoot)** [<https://orthoinfo.aaos.org/en/diseases--conditions/posterior-tibial-tendon-dysfunction/>] (American Academy of Orthopaedic Surgeons)
- **Shin Splints** [<https://www.mayoclinic.org/diseases-conditions/shin-splints/symptoms-causes/syc-20354105?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/shin-splints/symptoms-causes/syc-20354105?p=1>]
- **Thrombophlebitis** [<https://www.mayoclinic.org/diseases-conditions/thrombophlebitis/symptoms-causes/syc-20354607?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/thrombophlebitis/symptoms-causes/syc-20354607?p=1>]
- **Tibia (Shinbone) Shaft Fractures** [<https://orthoinfo.aaos.org/en/diseases--conditions/tibia-shinbone-shaft-fractures/>] (American Academy of Orthopaedic Surgeons)
- **Troyer Syndrome** [<https://www.ninds.nih.gov/health-information/disorders/troyer-syndrome>]  (National Institute of Neurological Disorders and Stroke)

# Images

- **Stasis Ulcer (Venous Ulcer)** [<https://skinsight.com/skin-conditions/stasis-ulcer-venous-ulcer/?lmiw9cApl=1>] (VisualDX)

## Clinical Trials


- ClinicalTrials.gov: Intermittent Claudication [https://clinicaltrials.gov/search?cond=%22Intermittent+Claudication%22&aggFilters=status:not%20rec]  (National Institutes of Health)
- ClinicalTrials.gov: Leg Injuries [https://clinicaltrials.gov/search?cond=%22Leg+Injuries%22&aggFilters=status:not%20rec]  (National Institutes of Health)
- ClinicalTrials.gov: Leg Length Inequality [https://clinicaltrials.gov/search?cond=%22Leg+Length+Inequality%22&aggFilters=status:not%20rec]  (National Institutes of Health)
- ClinicalTrials.gov: Leg Ulcer [https://clinicaltrials.gov/search?cond=%22Leg+Ulcer%22&aggFilters=status:not%20rec]  (National Institutes of Health)
- ClinicalTrials.gov: Muscle Cramp [https://clinicaltrials.gov/search?cond=%22Muscle+Cramp%22&aggFilters=status:not%20rec]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Prospective first-in-human clinical investigation to evaluate the safety of the fracture... [https://www.ncbi.nlm.nih.gov/pubmed/40744509]
- Article: Fibula-first fixation in same-level distal third tibia and fibula fractures: A... [https://www.ncbi.nlm.nih.gov/pubmed/40734215]
- Article: Which B2 Fractures Can Be Treated with ORIF? Validation of the... [https://www.ncbi.nlm.nih.gov/pubmed/40731768]
- Leg Injuries and Disorders -- see more articles [https://pubmed.ncbi.nlm.nih.gov/?term=%22Tibial+Fractures%22%5Bmajr%3Anoexp%5D+OR+%22Femoral+Fractures%22%5Bmajr%3Anoexp%5D+OR+%22Leg+Length+Inequality%22%5Bmajr%3Anoexp%5D+OR+%22Leg+Injuries%22%5Bmajr%3Anoexp%5D+OR+%22Leg+Ulcer%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D+%29+AND+free+full+text%5Bsb%5D+]

## Find an Expert

- National Institute of Arthritis and Musculoskeletal and Skin Diseases [https://www.niams.nih.gov/]   
Also in Spanish [https://www.niams.nih.gov/es/portal-en-espanol]

## Children

- Bowlegs and Knock-Knees [https://www.healthychildren.org/English/health-issues/conditions/orthopedic/Pages/Bowlegs-and-Knock-Knees.aspx] (American Academy of Pediatrics)  
Also in Spanish [https://www.healthychildren.org/spanish/health-issues/conditions/orthopedic/paginas/bowlegs-and-knock-knees.aspx]
- Growing Pains (For Parents) [https://kidshealth.org/en/parents/growing-pains.html] (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/parents/growing-pains.html]
- Growth Plate Injuries [https://www.niams.nih.gov/health-topics/growth-plate-injuries]   
Also in Spanish [https://www.niams.nih.gov/es/informacion-de-salud/lesiones-en-las-placas-de-crecimiento]
- Intoeing [https://familydoctor.org/condition/intoeing/?adfree=true] (American Academy of Family Physicians)  
Also in Spanish [https://es.familydoctor.org/condicion/marcha-convergente-es/?adfree=true]
- Kids and Growing Pains [https://kidshealth.org/en/kids/growing-pains.html]   
*Easy-to-Read* (Nemours Foundation) - **In English and Spanish**  
Also in Spanish [https://kidshealth.org/es/kids/growing-pains.html]
- Knock Knees (Genu Valgum) (For Parents) [https://kidshealth.org/en/parents/knock-knees.html] (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/parents/knock-knees.html]

Leg lengthening - series [[https://medlineplus.gov/ency/presentations/100127\\_1.htm](https://medlineplus.gov/ency/presentations/100127_1.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/esp\\_presentations/100127\\_1.htm](https://medlineplus.gov/spanish/ency/esp_presentations/100127_1.htm)]

## Teenagers

- Blount Disease [<https://kidshealth.org/en/parents/blount-disease.html>] (Nemours Foundation)

## Patient Handouts

- Blount disease [<https://medlineplus.gov/ency/article/001584.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001584.htm>]
- Bowlegs [<https://medlineplus.gov/ency/article/001585.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001585.htm>]
- Common peroneal nerve dysfunction [<https://medlineplus.gov/ency/article/000791.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000791.htm>]
- Femoral nerve dysfunction [<https://medlineplus.gov/ency/article/000687.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000687.htm>]
- Femur fracture repair - discharge [<https://medlineplus.gov/ency/patientinstructions/000166.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000166.htm>]
- Foot, leg, and ankle swelling [<https://medlineplus.gov/ency/article/003104.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003104.htm>]
- Iliotibial band syndrome -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000683.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000683.htm>]
- Ischemic ulcers - self-care [<https://medlineplus.gov/ency/patientinstructions/000742.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000742.htm>]
- Knock knees [<https://medlineplus.gov/ency/article/001263.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001263.htm>]
- Leg pain [<https://medlineplus.gov/ency/article/003182.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003182.htm>]
- Shin splints - self-care [<https://medlineplus.gov/ency/patientinstructions/000654.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000654.htm>]
- Tarsal tunnel syndrome [<https://medlineplus.gov/ency/article/000792.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000792.htm>]
- Venous insufficiency [<https://medlineplus.gov/ency/article/000203.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000203.htm>]



Bowlegs [<https://medlineplus.gov/ency/article/001585.htm>]

Charley horse [<https://medlineplus.gov/ency/article/002066.htm>]

Common peroneal nerve dysfunction [<https://medlineplus.gov/ency/article/000791.htm>]

Femoral nerve dysfunction [<https://medlineplus.gov/ency/article/000687.htm>]

Femur fracture repair - discharge [<https://medlineplus.gov/ency/patientinstructions/000166.htm>]

Foot, leg, and ankle swelling [<https://medlineplus.gov/ency/article/003104.htm>]

Iliotibial band syndrome -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000683.htm>]

Ischemic ulcers - self-care [<https://medlineplus.gov/ency/patientinstructions/000742.htm>]

Knock knees [<https://medlineplus.gov/ency/article/001263.htm>]

Leg CT scan [<https://medlineplus.gov/ency/article/007348.htm>]

Leg lengthening - series [[https://medlineplus.gov/ency/presentations/100127\\_1.htm](https://medlineplus.gov/ency/presentations/100127_1.htm)]

Leg lengthening and shortening [<https://medlineplus.gov/ency/article/002965.htm>]

Leg MRI scan [<https://medlineplus.gov/ency/article/007357.htm>]

Leg or foot amputation [<https://medlineplus.gov/ency/article/007365.htm>]

Leg pain [<https://medlineplus.gov/ency/article/003182.htm>]

Shin splints - self-care [<https://medlineplus.gov/ency/patientinstructions/000654.htm>]

Skeletal limb abnormalities [<https://medlineplus.gov/ency/article/003170.htm>]

Tarsal tunnel syndrome [<https://medlineplus.gov/ency/article/000792.htm>]

Venous insufficiency [<https://medlineplus.gov/ency/article/000203.htm>]

Venous ulcers -- self-care [<https://medlineplus.gov/ency/patientinstructions/000744.htm>]

## Related Health Topics

Ankle Injuries and Disorders [<https://medlineplus.gov/ankleinjuriesanddisorders.html>]

Deep Vein Thrombosis [<https://medlineplus.gov/deepveinthrombosis.html>]

Foot Injuries and Disorders [<https://medlineplus.gov/footinjuriesanddisorders.html>]

Hip Injuries and Disorders [<https://medlineplus.gov/hipinjuriesanddisorders.html>]

Knee Injuries and Disorders [<https://medlineplus.gov/kneeinjuriesanddisorders.html>]

Restless Legs [<https://medlineplus.gov/restlesslegs.html>]

Varicose Veins [<https://medlineplus.gov/varicoseveins.html>]

Vascular Diseases [<https://medlineplus.gov/vascular diseases.html>]

Walking Problems [<https://medlineplus.gov/walkingproblems.html>]

## Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/leginjuriesanddisorders.html>]  
on *Leg Injuries and Disorders*

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