

common foot and ankle disorder

Osteochondral defect of talus :

- unknown but usually happen post traumatic
- Very localised areas of joint damage; due to lack of blood supply.
- Localised pain on weight bearing and even at rest may present
- start conservative
- management: Subtopic 2

Ankle sprains:

- Usually occurs during sports activities.
- Is the result of twisting injury
- Anterior talofibular ligament (ATFL)
- Calcaneofibular ligament (CFL)
- Posterior talofibular ligament (PTFL)
- Lateral Collateral Ligament Complex is composed of
- There is pain, swelling and local bruising.
- No tenderness of lateral malleolus; but tenderness anterior, posterior or inferior to it i.e. over ligaments
- Dorsiflexion and plantar flexion possible; but inversion and eversion very painful
- X-Rays: NO fracture.
- RICE: Rest, Ice, compressors, Elevation.
- Management: When the OCD is large and Loose or almost loose

flat foot :

- most causes are developmental
- usually is painless
- types : flexible, rigid
- rigid flat foot can be result of tarsal coalition
- examination :
 - normal : normally the heel is straight or minimally in valgus
 - Standing on tip-toes: the heel moves inward (from valgus to varus)
 - when ankle is held still, and heel is moved sideways; it moves normally
 - the heel is in extreme valgus
 - flexible: Standing on tip-toes: the heel moves inward (from valgus to varus).
 - It moves normally
 - Rigid: the heel is in extreme valgus
 - standing on tip - toes : the heel does not move inward (stay in valgus)
 - it does not move in stiff heel (rigid) as normally
- radiology : X Ray : if the line from talus to metatarsal bone make angle more than 4 degree consider flat foot
- managements:
 - Usually NO action is needed
 - if symptomatic Always start with conservative
 - weight loss
 - shoes
 - orthotics
 - activity modification
 - physiotherapy
 - Rigid flat foot may require surgical management

Hallux Valgus:

- Means lateral deviation of big toe.
- Often is associated with a bunion
- usually painless
- Common at middle age and elderly(rheumatoid arthritis), mainly females (shoes with heel)
- X rays :
 - Hallux Valgus Angle:
 - Normal: <15
 - Mild HV: 16-25
 - Moderate HV: 26-35
 - > 35
 - 1st intermetatarsal angle: Normal < 10
 - Hallux interphalangeus angle: Normal < 8
- management:
 - if painless (most common) reassure.
 - if painful (interfering with walking), always start with conservative (5-steps)
 - weight loss
 - shoes
 - orthotics
 - activity modification
 - physiotherapy
 - Surgery is reserved for symptomatic and disturbing cases. (if conservatives fail to relieve pain for 3-6 months)

Plantar Fasciitis:

- Common disorder at middle age and elderly
- Localised tenderness to insertion of plantar fascia into calcaneum
- No visible heel swelling, no skin changes and no increase in local temperature.
- X-Ray: Plain lateral X-ray of heel frequently shows calcaneal spur
- management:
 - conservative
 - shock wave therapy
 - local steroid injection
 - surgery

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