

Ankle Pain Reference Guide

History	Physical Exam	Imaging	Differential Diagnosis by Anatomic Location	Management	When to Refer
<ul style="list-style-type: none"> • Age • Acute or chronic pain • Duration/Frequency • Mechanism • Sport/position • Pop/Tear • Swelling (Rapid?) • ROM deficit • Instability • Weight-bearing immediately • Location of Pain • Mechanical symptoms • Attempted treatment (RICE?) 	<p>Inspection</p> <ul style="list-style-type: none"> • Joint Effusion, ecchymosis • Skin integrity- abrasion/laceration etc • Gait • Ability to bear weight (Walking, running, squatting, etc) <p>ROM/Strength</p> <ul style="list-style-type: none"> • Dorsiflexion/Plantar Flexion • Inversion/Eversion • Subtalar Motion • <p>Palpation</p> <ul style="list-style-type: none"> • Effusion vs extra-articular soft tissue swelling • Anterior-Physis-tibia, capsule/joint line, anterior tibialis • Medial-Medial Malleolus/Tibia, posterior tibialis, deltoid ligament • Lateral-Lateral Malleolus/Fibula, lateral ligaments, peroneal tendon • Posterior – Achilles Tendon, Os Trigonum Syndrome <p>Special Manuevers</p> <ul style="list-style-type: none"> • Drawer/Talar Tilt <p>Neurovascular exam</p> <p>Adjacent Joints</p>	<p>Radiographs Indications</p> <ul style="list-style-type: none"> • Deformity, acute effusion, not weight bearing, instability, bone/ physis tender, chronic pain not improving • Standard trauma- AP, lateral, mortise <p>MRI Indications</p> <ul style="list-style-type: none"> • Radiographs fail to clarify the problem • To confirm your clinical suspicion (To answer a specific clinical question Is there a cartilage tear? Is there an OCD in the ankle?) • Pain failing conservative care • To plan for surgery 	<p>Diffuse/Global Pain</p> <ul style="list-style-type: none"> • Fracture, acute trauma, immediate dec ROM <p>Anterior Ankle Pain</p> <ul style="list-style-type: none"> • Tibia fracture • Anterior Impingement • Tibialis Anterior Tendinopathy • OCD Talus <p>Medial Ankle Pain</p> <ul style="list-style-type: none"> • Posterior Tibialis Tendonitis/Overuse • Medial sprain-isolated medial ankle sprain rare, screen for fracture • Tibia Fracture/stress fx • Medial Tibial Stress Syndrome/Shin splints <p>Lateral Ankle Pain</p> <ul style="list-style-type: none"> • Lateral ankle sprain/syndemosis injury • Fibula fracture/stress fx • Peroneal tendonitis/overuse • Chronic ankle instability <p>Posterior Ankle Pain</p> <ul style="list-style-type: none"> • Achilles tendonitis/overuse • Os Trigonum Syndrome 	<p>R-Rest I-Ice C-Compression E-Elevation</p> <ul style="list-style-type: none"> • Pain Control • Crutches • Splint/Brace • Limit use to < 1 week to avoid stiffness • Rehabilitation Early ROM 	<ul style="list-style-type: none"> • Failure to improve with conservative care • Potential surgical conditions (intra-articular/displaced fx, dislocation, OCD, physis injury) • Parental Concern • Growth concerns • Return to play concerns