

Ankle Pain: A Comprehensive Review of Causes, Evaluation, and Treatment

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Abstract

Background: Ankle pain is a common clinical problem that affects many individuals. It can be caused by various factors, including trauma, overuse, and underlying medical conditions. This comprehensive review aims to explore the causes, evaluation, and treatment options for ankle pain. The review discusses the anatomy of the ankle, common causes of pain, and the importance of a thorough history and physical examination. Diagnostic imaging and laboratory tests are also reviewed. Treatment options are categorized into conservative and surgical approaches, with a focus on evidence-based practices. The review concludes with a summary of key findings and recommendations for clinical practice.

Keywords:

Treatment options

Conservative treatment options are the first-line approach for ankle pain. These include rest, ice, compression, and elevation (RICE), which help reduce inflammation and pain. Physical therapy plays a crucial role in restoring ankle strength and range of motion. Bracing and taping can provide additional support and stability. For chronic or severe pain, oral non-steroidal anti-inflammatory drugs (NSAIDs) may be used. Surgical intervention is reserved for cases where conservative treatments fail to provide relief, such as in cases of severe trauma, ligament tears, or structural abnormalities.

Rehabilitation and prevention

Rehabilitation programs focus on strengthening the muscles around the ankle and improving proprioception. Prevention strategies include proper footwear, avoiding high-risk activities, and maintaining a healthy weight. Education of patients on self-care and injury prevention is also an important component of the management plan.

Etiology of ankle pain

Ankle pain can arise from various etiologies, including acute trauma, chronic overuse, and systemic conditions. Trauma, such as sprains or fractures, is a common cause of acute ankle pain. Overuse injuries, like tendonitis, are often seen in athletes and individuals with high levels of physical activity. Systemic conditions, such as rheumatoid arthritis and gout, can also affect the ankle. A detailed history and physical examination are essential for identifying the underlying cause.

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Received: February 15, 2023. **Editor assigned:** February 20, 2023. **Reviewed:** February 25, 2023. **Published:** February 28, 2023.

Citation: Vihaan M. Ankle Pain: A Comprehensive Review of Causes, Evaluation, and Treatment. Clin Res Foot Ankle. 2023;11:6.

