Clinical Research on Foot & Ankle

Editorial	Open Access

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Introduction

M st e le ex erien e in in nd r und their feet r nkles t s me int in their lives. It's ne f the m st   m lex, h rd-w rking regi ns f y ur b dy. It h s 26 b nes nd 33 sm ll j ints, ll held t gether by netw rk f s tissue m de u f mus les, tend ns, lig ments, nerves, nd bl d vessels.

M st ses f f t r nkle in re sh rt term nd re   used by s tissue injuries, su h s s r ins r str ins. ese sh uld gr du lly he l with the hel f sim le self- re me sures. ugh s me uld t ke few m nths t fully re ver, y u r b bly w n't need t seek tre tment fr m he lth re r fessi n l.

H wever, s me in n h ve n bvi us   use r m y n t im r ve signi ntly with self- re. in th t seems t be getting w rse, d es n t im r ve, r l sts l nger th n few m nths uld be due t stru tur l h nges in the f t r nkle, r n underlying nditi n.

ere n be sever l ex l n ti ns f r l ng-term in in nd r und the feet r nkles, su h s:

•   b dly tting f twe r

•   ste rthritis

•   in mm t ry rthritis

•   nne tive tissue dise ses

•   r bl d ir ul ti n

•   nerve d m ge

M st f t r nkle in n be tre ted with ut the need t see he lth re r fessi n l. S -tissue injuries sh uld begin t im r ve ver the rst few d ys with the hel f s me sim le self- re ti s. Y u m y need t be   reful nd r te t the injured re f r sever l m nths, until it h s fully re vered.

Exer ise n hel redu e in nd sti ness in the feet nd nkles. If y ur feet r nkles re sti in the m rning y u m y nd it e sier t