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Anatomical Injuries of An Ankle

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Introduction

e ankle is a large compound made of three bones which are Shin bone (tibia), a small bone running around the shin bone (bula), foot bone that extends beyond the heel bone (talus). Bum pumps (or protrusions) have been identi ed and felt on the ankle with their names which are known to be as the inner malleolus, which is felt inside your ankle is part of the base of the tibia, the posle malleolus, which is felt behind your ankle is also part of the base of the tibia, lateral malleolus, which is felt outside your ankle at the lower end of the bula.

e combination of the ankles allows for movement up and down the foot. e lower joint sits below the ankle joint, and allows side and side movement of the foot. Many lines (made of heavy, moving tissue) surround the true ankles and lower joints, tying the leg bones to each other and to the foot.

e ankle bone and the bone margins of your lower legs form a combination of ankles. Your bones connect the bones, they strengthen and support you. Your muscles and tendons move it. Ankle problems most o en with constipation and fractures (broken bones). Spinal cord injury. It can take a few weeks and many months to heal completely. Fracture of a fracture of the bone. You can also damage other parts of the ankle such as the ligaments, which include muscles and bones, and the cartilage, which strengthens your joints.

Most ankle sprains occur when the ankle turns, or when the foot moves sideways. A lot happens during games. But you do not have to play sports to injure your ankle - sprains can be caused by improper action or stumbling on the stairs.

Diagnose ankles, doctors ask about injuries and perform tests. ey will look at the bones and so tissues of the ankle, look at the range of human movement, and perform energy tests. In some cases, the doctor may order an X-ray or other imaging study to determine if there are any other injuries, such as a broken bone.

Repetitive ankle sprain o en includes

- To protect the ankle by touching, inserting an ankle cord, or an ankle disc rest to prevent recurrence and limit in ammation. How long a person needs to take depends on the injury. If there are no broken lines, 10-14 days may be long enough.
- Pain medication
- Anti-in ammatory treatments such as: the ice is wrapped in a towel placed in place for about 20 minutes every 1-2 hours, a exible bandage surrounded by an area or a stretch arm to provide tightness, resuscitating the injured area, warm pressure or heat pad (only a er the swelling has subsided), when pain and in ammation are better, exercise before returning to work, to strengthen the tests.

Ankle test

- Physical examination: An examination by ankle health care providers may indicate that a broken ankle, spinal cord, or other condition is present.
- Ankle X-ray: An ankle X-ray lm is widely used to diagnose fractures, arthritis, or other problems.
- X-ray compression: e doctor puts pressure on the injured ankle and takes an X-ray lm. Also called a stress lm or pressure test, this can reveal ankle problems that are not visible on regular X-rays.
- Magnetic resonance imaging (MRI scan): An MRI scanner uses a powerful magnet and a computer to create high-resolution images of the ankle.

Con ict of Interest

We have no con ict of interests to disclose and the manuscript has been read and approved by all named authors.

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