



# A Review: Ankle Joint Pain

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## Abstract

Ankle disorders refer to diseases and injuries that affect the ankle, where the foot and leg bones meet. Ankle disorders can cause pain, swelling, stiffness, and difficulty moving the joint, interfering with daily activities and affecting quality of life.

## Keywords:

## Introduction

The ankle is a complex joint that connects the foot to the leg. It is composed of three bones: the distal ends of the tibia and fibula, and the talus. The ankle is surrounded by ligaments, tendons, and muscles that provide stability and allow for movement. Ankle disorders can be caused by trauma, overuse, or underlying medical conditions. Common ankle disorders include sprains and strains, arthritis, fractures, bursitis, and nerve injury. Ankle disorders can cause pain, swelling, stiffness, and difficulty moving the joint, interfering with daily activities and affecting quality of life.

Ankle sprains and strains are the most common ankle disorders. They occur when the ligaments or tendons that support the ankle are stretched or torn. Sprains and strains can be caused by a sudden twist or turn of the ankle, or by overuse. Symptoms include pain, swelling, and difficulty moving the ankle. Treatment typically involves rest, ice, compression, and elevation (RICE). In severe cases, surgery may be required.

Arthritis is a group of conditions that cause inflammation in the joints. Ankle arthritis can be caused by wear and tear of the joint (osteoarthritis) or by an autoimmune response (rheumatoid arthritis). Symptoms include pain, swelling, and stiffness. Treatment typically involves pain relievers, anti-inflammatory drugs, and physical therapy. In severe cases, surgery may be required.

Fractures are breaks in the bone. Ankle fractures can be caused by trauma, such as a fall or a car accident. Symptoms include pain, swelling, and deformity. Treatment typically involves surgery to realign the bone and stabilize it with plates and screws. Recovery time can be several weeks to months.

Bursitis is inflammation of the bursa, a small fluid-filled sac that cushions the joint. Ankle bursitis can be caused by overuse or trauma. Symptoms include pain, swelling, and redness. Treatment typically involves rest, ice, and anti-inflammatory drugs. In severe cases, surgery may be required.

Nerve injury is damage to the nerves that supply the ankle. It can be caused by trauma or underlying medical conditions. Symptoms include pain, numbness, and weakness. Treatment typically involves physical therapy and pain relievers.

Conclusion: Ankle disorders can cause pain, swelling, stiffness, and difficulty moving the joint, interfering with daily activities and affecting quality of life.

References: [9], [10].

Methods and Materials

Sprains and strains

## Sprains and strains

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Conclusions

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References

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