

Enhancing Performance: Foot and Ankle Injections in Athletes

Sander Frangež*

Department of Orthopedics Medicine, New York University, USA

Abstract

Keywords: Sports medicine; Ankle injections; Injury management

Introduction: elevating athletic recovery with injections

Athletes push their bodies to the limit, subjecting their feet and ankles to immense stress during training and competition. Injuries to these areas can disrupt training regimens, impair performance, and jeopardize careers. Foot and ankle injections have emerged as valuable tools in the sports medicine arsenal, offering targeted relief and facilitating rapid recovery for athletes.

Common injections in sports medicine

Corticosteroid injections:

Corticosteroids are potent anti-inflammatory agents used to alleviate pain and reduce inflammation in acute and chronic conditions such as plantar fasciitis, Achilles tendonitis, and ankle sprains. These injections provide temporary relief, allowing athletes to continue training while undergoing rehabilitation [1, 2].

Platelet-rich plasma (prp) therapy:

PRP injections involve isolating and concentrating platelets from the athlete's own blood, which are then injected into the injured area to promote tissue healing and regeneration. PRP has shown promising results in treating conditions such as chronic tendinopathies and ligament injuries, offering a natural alternative to traditional therapies [3].

Prolotherapy:

Prolotherapy, or regenerative injection therapy, involves injecting a proliferant solution into damaged ligaments, tendons, or joint spaces to stimulate tissue repair and strengthen weakened structures. Prolotherapy is commonly used for chronic ligamentous injuries and osteoarthritis, offering a non-surgical option for athletes seeking long-term relief [4].

Hyaluronic acid injections:

Hyaluronic acid injections are used to lubricate and cushion joints affected by osteoarthritis, reducing pain and improving joint function. While primarily indicated for knee osteoarthritis, hyaluronic acid injections may also benefit athletes with ankle osteoarthritis or chronic ankle instability [5].

Considerations for athletes:

While foot and ankle injections can provide significant benefits for athletes, several considerations must be taken into account to ensure optimal outcomes:

*Corresponding author:

Received:

Editor assigned:

References