Chronic Ankle Pain in the Athlete

Gain new insight into the evaluation and treatment of common (as well as often overlooked) causes of chronic lateral and anterolateral ankle pain. Expert contributors discuss these issues in depth: sprains and soft-tissue injuries - grades and defining characteristics of sprains, treatment and phases and rehabilitation, anatomic variations that predispose the ankle to sprains, and syndesmosis and peroneal tendon injuries; injuries to the subtalar joint - types of fractures, mechanism of dislocations and instability, talar coalition, sinus tarsi syndrome, interosseous ligament injuries, posterior impingement, subtalar arthroscopy - indications and technique; arthroscopic treatment - osteochondral lesions of the talus, classification and staging, surgery options; osteochondral lesions of the tibia - types of impingement, loose bodies; and nerve injuries of the lateral leg and ankle - specific nerve injuries, including compression neuropathy and neuromas, and aetiology of each type of nerve injury. This monograph should broaden your clinical knowledge, yet is concise enough to read in just one or two sittings.