

# When Your Feet and Ankles Hurt Here...

Bethany Harry

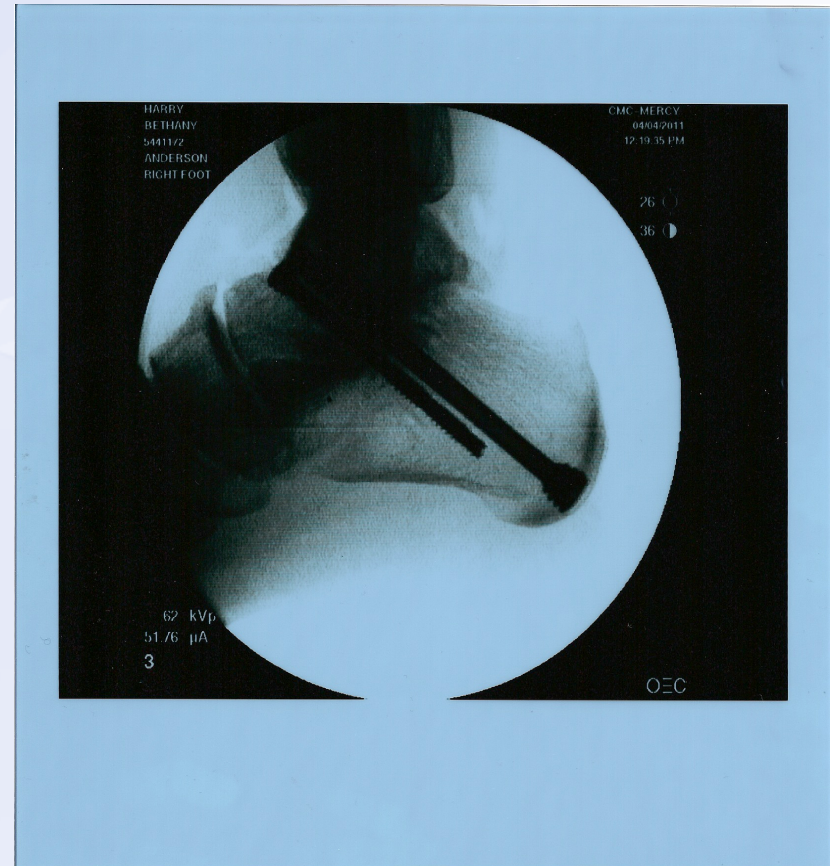
Physical Therapist

TCTC Member



# Foot and Ankle Injuries

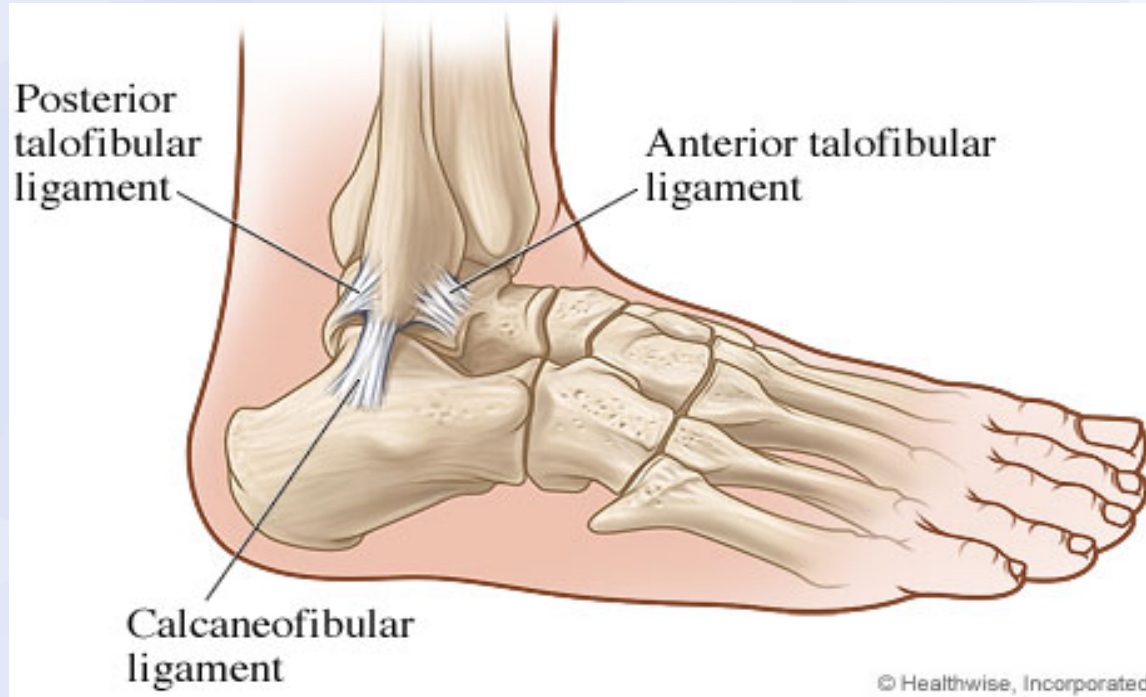
- Achilles Pain
- Plantar Fasciitis
- Ankle Sprains
- Post Tibialis Dysfunction
- Peroneal Tendons
- Shin Splints
- Stress Fractures



# Ankle Sprains

- Sprain=trauma to the ligaments of a joint
- Sprain occurs when the foot is not in full contact with the ground; excessive motion of the ankle
- Ligaments scar but never return to original length or response time

# Ligaments of an Ankle Sprain



# Plantar Fasciitis

- Fascia beginning near your heel on the bottom of your foot and finishing at the base of your toes
- Pain can occur anywhere along the fascia
- Fascia too tight verses foot muscle weakness
- Variability in healing time

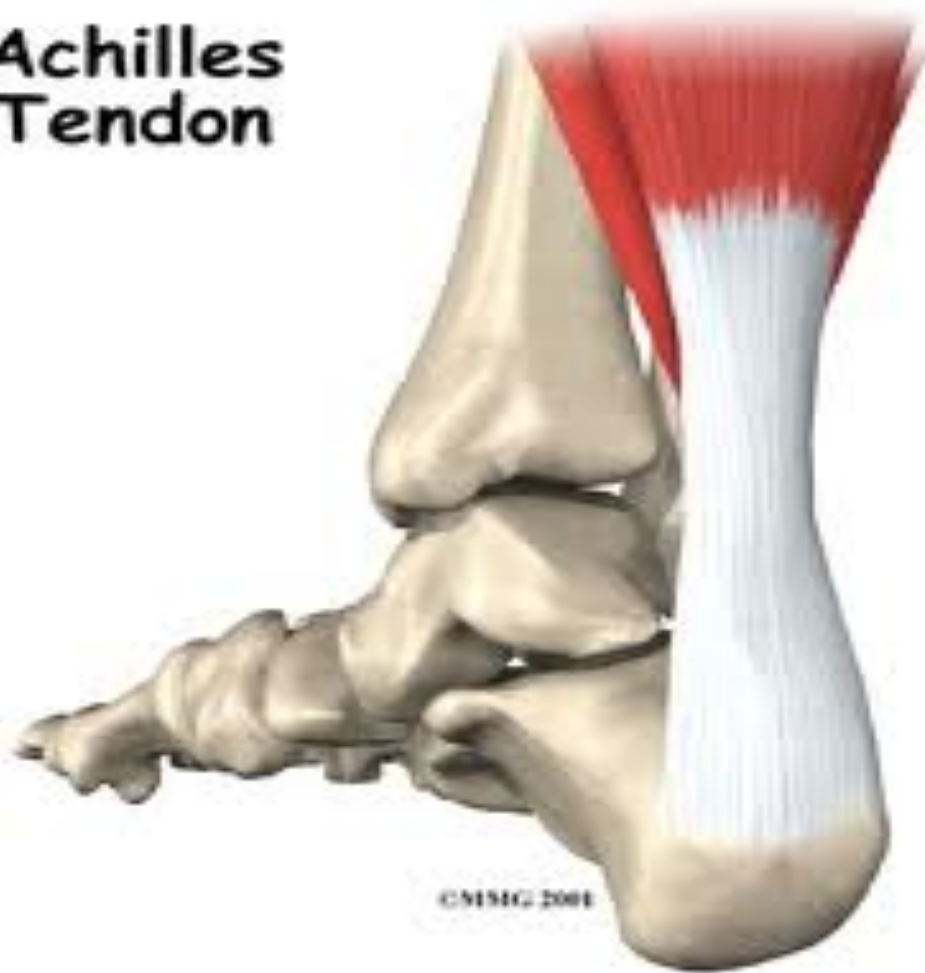
# Plantar Fascia



# Achilles Tendon Pain

- Achilles= gastroc tendon + soleus tendon
- Known as calf muscle
- Muscular tightness vs Footwear vs Joint stiffness
- Trauma= strain, tear, rupture

# Achilles Tendon



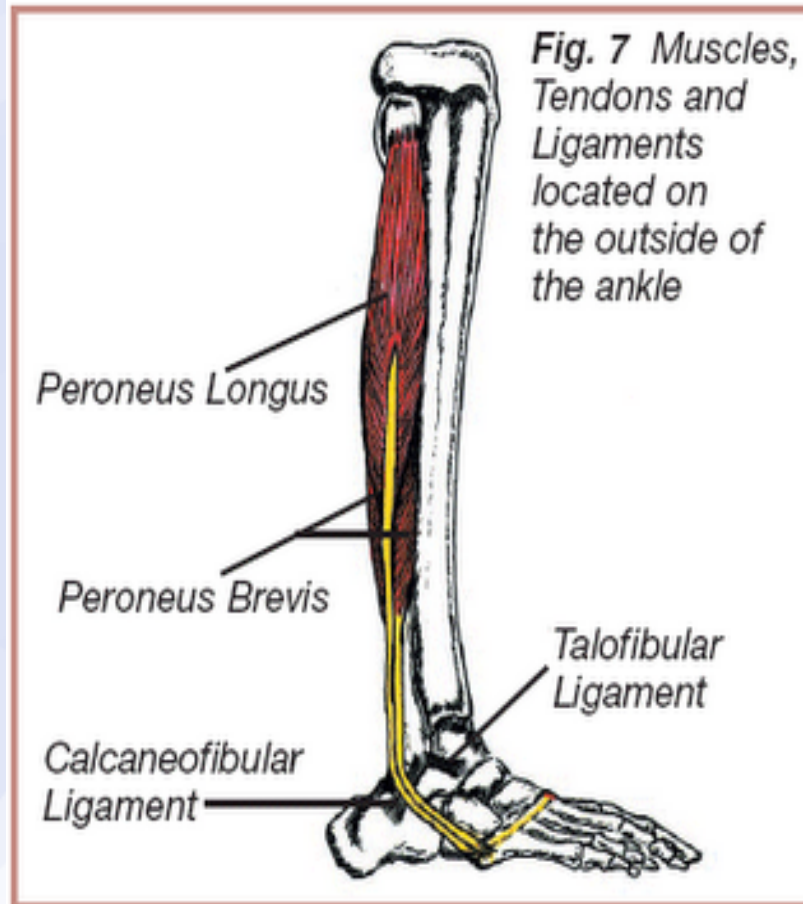
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# Peroneal Tendons

- Peroneus Longus & Peroneus Brevis
- Two muscles that run along the outside of your leg and behind your ankle
- Irritation of tendons behind ankle in the fibular groove or at the muscle's origin
- May also be injured with an ankle sprain

# Peroneus Longus and Brevis



# Posterior Tibialis Dysfunction

- Irritation of tendon at base of shin bone or behind ankle
- Pronation="dropped or low" arch of foot
- Weakness verses Decreased stability

# Locations of Post Tibialis Pain



# Shin Splints

- Anterior tibialis pain= outside of shin bone
- Muscle tightness vs pulling of muscle at bone just below knee
- Running surfaces

# Lateral Shin Splints

## Anterolateral Shin Splints



Anterolateral shin splints cause pain in the outer, front area of the lower leg.

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# Stress Fractures

- Fracture of a long bone due to repetitive microstresses
- Pelvis, thigh bone, shin bones, bones in feet

# Possible Fracture Locations





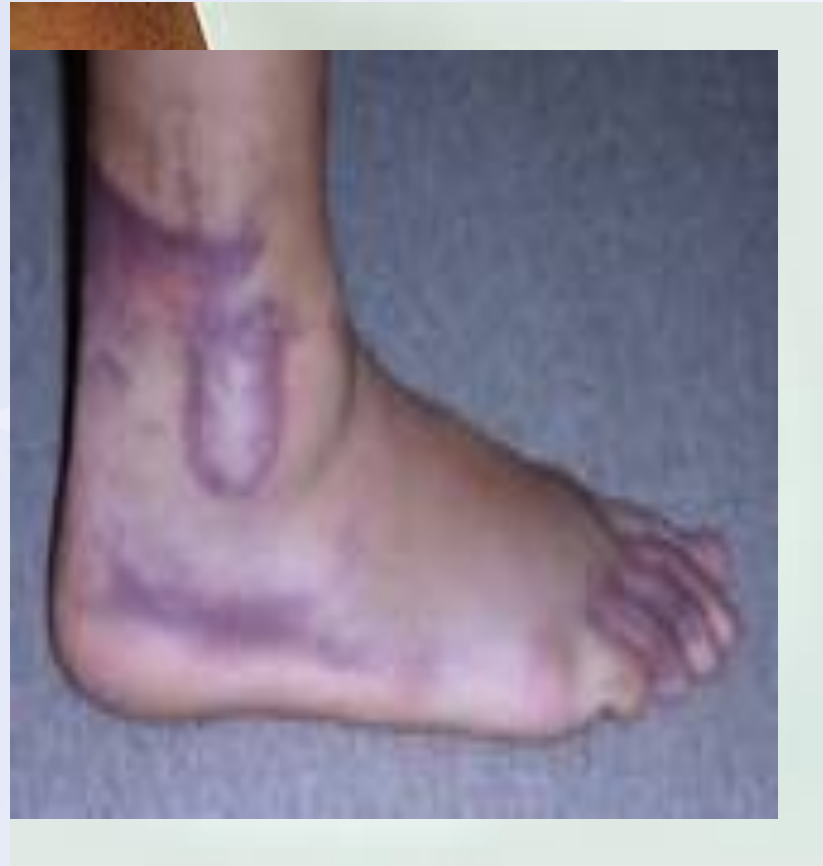
# Other Foot & Ankle Trauma

- Blisters
- Bunions
- Cysts
- High Ankle Sprain
- Anterior Compartment Syndrome
- Traumatic fracture



# Symptoms

- Pain
- Tenderness to touch
- Swelling
- Discoloration
- Difficulty bearing weight



# Help Yourself

- Protection
- Rest
- Ice
- Compression
- Elevation
- Anti-inflammatory



# Why Physical Therapy?



- Range of Motion
- Flexibility
- Strengthening
- Balance
- “Hands on”  
intervention
- Guidance

# Love your Feet!

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