

Unstable ankle

It is an increased freedom of the joint, which can lead to repeated subluxations , pain and deterioration of joint function..

Etiology

- most often on the basis of recurrent injuries of the lateral fibrous stabilizers of the ankle joint;

Clinical picture

- patients come with the problem of repeated distortions , sometimes feelings of the joint popping out, less often pain;
- clinical examination: anterior socket +, inversion stress test +, increased freedom in the tibiofibular fork on the holding X- ray image.

Therapy

- **conservative treatment:** physiotherapy, orthosis , shoe modification;
- **surgical stabilization of the joint: plastic surgery with the** peroneus brevis tendon etc.

Links

Related articles

- Distortion
- Subluxation
- Ankle fractures
- Ankle joint

References

- GALLO, Jiří, et al. *Orthopedics for students of medical and health faculties*. 1st edition. Olomouc: Palacký University in Olomouc, 2011. ISBN 978-80-244-2486-6 .