Summary and CONCLUSION

The ankle joint is a hinge joint which is responsible for the transmission of weight-bearing forces between the body and the foot, and has a great role in the production of the normal gait pattern.

The weight-bearing contact area of the ankle is large compared with the hip or knee owing to the high congruency of the articulated surface. The ankle axis is not horizontal but slopes laterally and posteriorly as projected on the transverse plane of the leg. The ankle axis is directed also laterally and downward as seen in coronal plane. In reality, the ankle joint has a continuously changing axis of rotation.

The ankle is one of the most common sites for acute musculoskeletal injuries; ankle sprain is the most common injury of the ankle. More than 40 percent of ankle sprains have the potential to cause chronic problems.

It is important to recognize that chronic ankle pain can be caused by many other diseases and abnormal conditions which may be traumatic, infectious, articular, metabolic, systemic, vascular, dysplastic, and developmental abnormalities, (e.g. impingement, chronic instability, syndesmotic injury, tarsal tunnel syndrome, sinus tarsi syndrome, osteochondritis dissecans and tendons problems…etc.

Many of these chronic conditions mimic each others in clinical picture and sometimes in radiographic appearance. These injuries should be considered in differential diagnosis of any case of chronic ankle pain.

A detailed history helps one to get some clues for evaluating these cases. A careful physical examination should be performed to assess the bones, joints, ligaments, and tendons of the area for tenderness, range of motion, strength, and competence when stressed.

Studies in addition to routine radiographs include; bone scans, ultrasonography, computerized tomography, arthroscopy, and magnetic resonance imaging may help for proper diagnosis and with the great advancement in these tools misdiagnosis became very rare and even not acceptable.

There are many treatment regimens which vary between conservative, surgical and arthroscopic according to the severity of each condition. However, an accurate diagnosis is the basis for a specific and effective treatment regimen in the appropriate time which optimizes the chance for full recovery and decreases the incidence of further complications and associated morbidities, as when the treatment is delayed patients tend to have a more complex clinical course.