

WHAT ARE THE CONCOMITANT INJURIES THAT OCCUR WITH A LATERAL ANKLE SPRAIN?

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The ankle is a joint complex with multiple articulations, multiple degrees of freedom, and multiple axes of rotation. With this in mind, and given the high loads that pass through the joint, it is no surprise that the ankle is often injured. Inversion ankle sprains are extremely common, and while the injury often seems simple, there are a number of associated conditions that should be considered. This chapter explores conditions that can accompany or naturally follow an inversion ankle sprain. These conditions fall into 1 of 3 categories: (1) conditions associated with the acute injury mechanism, (2) conditions associated with adaptations in the subacute phases following injury, and (3) conditions associated with chronic adaptations following injury.

Conditions Associated With Acute Inversion Ankle Sprain Mechanisms

Most ankle injuries occur when the foot is forced into inversion or supination. When the talus is forced medially (often in conjunction with internal rotation) in the mortise, a number of structures outside of the lateral ankle ligaments are exposed to forces that can cause injury. Each of these injuries should be ruled out after a lateral ankle sprain.