



Smith & Thomas
Injury Rehabilitation Centre

Injury Conditions

Article: 3

Foot/Ankle Pain



www.smithandthomas.co.uk
07534556343
smithandthomas@smithandthomas.co.uk

Ankle pain is common in sports performers and usually occurs as a result of the impact and stresses the foot and ankle are placed under.

Ankle Sprain

This is damaged occurring to the ligaments that surround the ankle and is caused by a twist, fall or overturned ankle. If left untreated, an ankle sprain can become a common occurrence which has a massively negative effect on performance.

Symptoms

- Swelling
- Bruising
- None weightbearing

Plantar Fasciitis

Causes by overuse, this is a condition mainly effecting the connective tissue on the bottom of the foot.

Symptoms

- Heel pain
- Pain worse in on a morning
- Discomfort while walking

Turf Toe

This is a sprain to the big toe and occurs most commonly when people train on astro-turf pitches. The big toes is bent backwards excessively.

Symptoms

- Swelling
- Pain over the big toe

Achilles Tendinopathy

At the Achilles tendon region patients will experience pain, especially long distance runners. This injury responds better if treated in the early stages.

Symptoms

- Acute rupture can cause severe pain
- None Weightbearing
- Overuse injuries will present with gradual pain onset
- Stiffness or pain especially in the morning

Fractured Toe

Common in kicking sports, or when something is dropped onto the foot.

Symptoms

- Pain
- Bruising
- Deformity