

# Ankle Impingement

The aim of this leaflet is to give you some understanding of the problems you have with your ankle and to provide some advice on how to manage this. It is not a substitute for professional healthcare advice and should be used along with information you may be given by your GP or Allied Health Professional.

## What is ankle impingement

Ankle impingement occurs when a bony growth at either the front or back of the ankle bone where it meets the shin bone restricts normal ankle range of motion or makes motion acutely painful.

## Causes

- History of trauma
- Osteoarthritis
- Tight TA

## Symptoms

- Sharp pain at the front or back of the ankle on movement
- Loss of pain free range of movement
- Pain only at end of range of movement

## Treatment

- Appropriate footwear –
  - For anterior impingement – a small heel or heel raise can help
  - For posterior impingement – a flat shoe will be more comfortable
- Immobilisation of joint – Orthotics
  - Assessment for a removable custom device designed to reduce/eliminate the movement at the ankle
  - This can be discussed with your GP/AHP for referral to your local Orthotic Department when appropriate
- Surgery – Consult your GP if you would like an Surgical opinion.

## Medication

Many people use medication to help them remain active and to cope with their pain and symptoms. It is recommended that you take your medication regularly. It is best to get advice from a GP or pharmacist.

### **Other Intervention**

There are other health interventions which may be more appropriate for your condition. These can be discussed with your health care practitioner.

### **Work**

It is usually recommended that you try to stay at work or get back to work as soon as possible. You do not need to be fully pain and symptom free to return to work. Research shows the longer you are off work the less likely it is that you return.

### **Investigations/do I need any special tests**

The main way we diagnose your ankle impingement is through what you tell us and by examining your ankle. Other investigations may be considered, these can be discussed with your health care professional.

Try to stay positive. There is a lot you can do to help yourself. Most symptoms do settle with time.

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