

Ankle Injuries

The human ankle is used for up-and-down movement of the foot. Ankle injuries can severely impair your ability to walk, run and jump.

Three bones make up the ankle:

- The shin bone
- The fibula
- The talus

The subtalar joint sits below the ankle joint, and provides side-to-side motion of the foot. Numerous ligaments surround your ankle and joints, binding the bones of the leg to each other and to those of your foot.

Common ankle injuries:

- Ankle Fracture
- Talus Fracture
- Achilles Tendonitis
- Arthritis of the Foot and Ankle
- Chronic Lateral Ankle Pain
- Sprains
- Achilles Tendon Rupture

Did you know that men injure their Achilles tendons 20 times more often than women? Male athletes should be especially diligent in performing exercises that strengthen the ankle.

Ankle arthroscopy is a minimally invasive way to inspect and treat ankle conditions and injuries.

Procedures Dr. Dougherty performs:

- Arthroscopy of the ankle
- Articular cartilage restoration of the ankle
- Arthroscopically assisted Ankle fusion
- Minimally invasive ankle instability reconstructions
- Articular Cartilage repair and transplantation
- Arthroscopically assisted ankle fracture repair
- Arthroscopic Ankle debridement
- Arthroscopic Os -Trigoneum excision
- Subtalar Arthroscopy