

# ankle dorsiflexion rom norms

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## **Ankle - Wikipedia**

In medical terminology, "ankle" (without qualifiers) can refer broadly to the region or specifically to the talocrural joint. [1][6] The main bones of the ankle region are the talus (in the foot), the tibia, and fibula (both in the leg).

## **Ankle Pain: Causes, Treatments & At-Home Remedies**

Ankle pain is a sign of an injury, arthritis or overuse. Most ankle pain improves with rest, ice, compression, elevation and pain relievers.

## **Ankle Bones - Names and Anatomy With Labeled Diagrams**

The ankle is the region in the human leg where the lower leg meets with the proximal end of the foot. The ankle allows us to move the feet in different directions.

## **The Ankle Joint - Articulations - Movements - TeachMeAnatomy**

The ankle joint (or talocrural joint) is a synovial joint located in the lower limb. It is formed by the bones of the leg (tibia and fibula) and the foot (talus).

## **Ortho Globe | Ankle Anatomy**

Explore the anatomy of the ankle, including bones, muscles, ligaments, nerves, and blood vessels, for a deeper understanding of its function.

## **Ankle | Joints, Bones, Muscles | Britannica**

Ankle, in humans, hinge-type, freely moving synovial joint between the foot and leg. The ankle contains seven tarsal bones that articulate (connect) with each other, with the metatarsal bones of the foot, and with the bones of the lower leg.

## **Ankle Injuries: Causes, Treatments, and Prevention - WebMD**

Ankle injuries are defined by the kind of tissue -- bone, ligament, or tendon -- that's damaged. The ankle is where three bones meet -- the tibia and fibula of your lower leg with the talus of...

## **Ankle Bone Anatomy - AOA Orthopedic Specialists**

The ankle joint, or Talocrural joint, is a large synovial joint. It is a hinge joint that allows plantarflexion and dorsiflexion, moving the foot up and down. The ankle is more stable while joint is in dorsiflexion, and the anterior part of the talus is held in the joint.

## **Ankle Injuries and Disorders - MedlinePlus**

Ankle injuries and ankle disorders can affect tendons and cartilage. Learn about different kinds of ankle problems including sprains and fractures.

## **Ankle and Foot Anatomy Basics - CSOG**

Learn about the anatomy of the ankle and the bones in the foot and ankle. Understand the structure, joints, muscles, and tendons.