

Orthopedic and Rheumatic Conditions of Ankle - HSS

Learn about the causes, diagnosis and treatment of ankle injuries and conditions.

Ankle Sprain - Foot & Ankle - Orthobullets

Ankle sprains involve an injury to the ATFL and CFL and are the most common reason for missed athletic participation. Treatment usually includes a period of immobilization followed by physical therapy. Only when nonoperative treatment fails is surgical reconstruction indicated.