

FOOT AND ANKLE BIOMECHANICS

ABSTRACT: Foot and ankle injuries are common in sportsmen and the general population. The impact that the functional anatomy and biomechanics of the foot and ankle complex has on normal gait is reviewed. The abnormal biomechanics associated with overpronation and oversupination are discussed, as are their consequences. The management principles of foot and ankle injuries are briefly described.

HUNTER L J, BSc PHYSIOTHERAPY¹
FORTUNE J, BSc PHYSIOTHERAPY²

¹Physiotherapy Department, University of the Witwatersrand
²Physiotherapy Department, University of the Witwatersrand

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INTRODUCTION

Foot and ankle injuries are extremely common, both in sportsmen and in the general population (Rundle, 1995). Fifty-three percent of all basketball injuries, and 31% of soccer injuries involve the foot and ankle (Garrick, 1977). Ankle sprains account for the most time lost by athletes due to injury (Reid, 1992). The estimated incidence of ankle sprains is 1:10 000 people per day in the United States (McCulloch, et al, 1985).

The predisposition to injury of the foot and ankle complex can only be understood by studying the anatomy and biomechanics of this region.

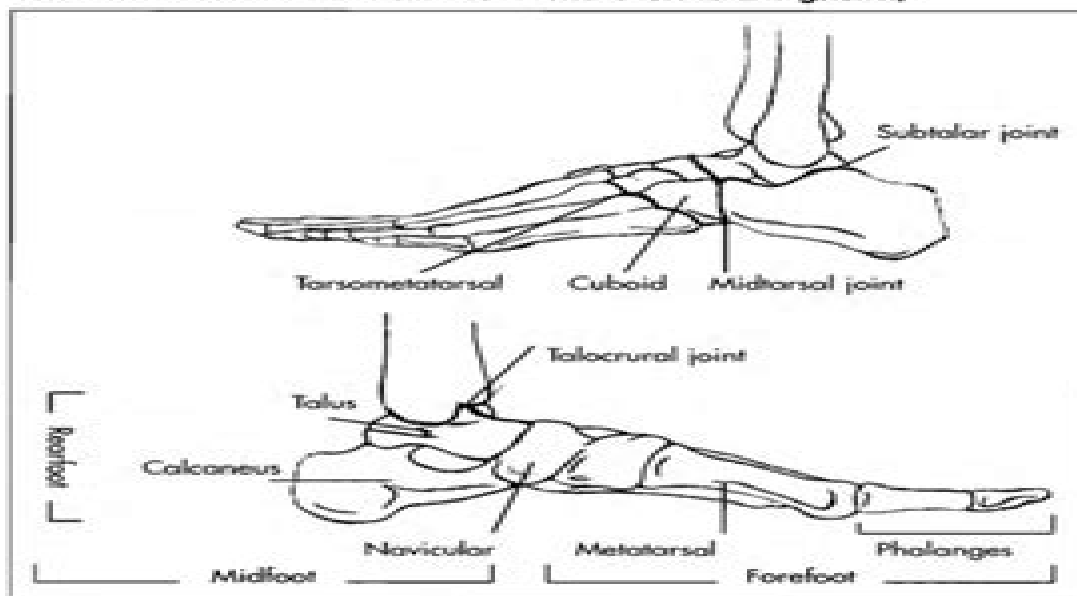
THE ANATOMY (See Figure 1.)

1. Talocrural Joint

The ankle is a uniaxial hinge joint. The medial and lateral malleoli (mortice) and the talus, also known as the talocrural joint, have an inherent bony stability. The position and orientation of the ligaments (predominantly the lateral ligament complex, the deltoid or medial ligament and ligaments of the syndesmosis) further enhance this passive stability. The muscles crossing the ankle (flexor hallucis brevis; flexor digitorum; gastrocnemius; soleus; peroneus longus; brevis and tertius; extensor digitorum longus and extensor digitorum brevis) provide active stability.

Figure 2.1 show the lateral ligament complex consisting of the anterior talo-fibular ligament (ATL), the calcaneo-fibular ligament (CFL) and the posterior talo-fibular ligament (PTL). Renström and Konradsen (1997) include the sub-talar ligaments in the lateral ligament

FIGURE 1. The joints of the ankle and foot contribute to the combination of movements that occur during gait. (Adapted from "Reid D 1992 Sports injury assessment and rehabilitation. New York: Churchill Livingstone.")



complex, and Boruta et al (1990), include the lateral talocalcaneal ligament as a fourth component of the complex, but most authors are in agreement about the ligaments named above.

The ATL is long and thin and may be considered a thickening of the anterior joint capsule. Because of its orientation, its main function is to limit inversion while the foot is plantar flexed (Rasmussen, 1985). The ATL is relaxed

CORRESPONDENCE:

L J Hunter
Physiotherapy Department
University of the Witwatersrand
7 York Road
Parktown
2193
Tel: (011) 488-3450/2 (w)
(011) 465-4615 (h)
Fax: (011) 488-3210

The Biomechanics Of The Foot And Ankle

Robert Donatelli



The Biomechanics Of The Foot And Ankle:

The Biomechanics of the Foot and Ankle Robert Donatelli,1990 **The Biomechanics of the Foot and Ankle** Robert Donatelli,1990 **Foot and Ankle Biomechanics** William Ledoux,Scott Telfer,2022-12-05 Foot and Ankle Biomechanics is a one source comprehensive and modern reference regarding foot and ankle biomechanics This text serves as both a master reference for foot biomechanics presenting a clear state of the research and capabilities in the field The customers for this book will be those looking for information on foot and ankle biomechanics for a range of applications for example designers of orthotics Provides a comprehensive overview of the science of foot and ankle biomechanics that is presented in an easily accessible format Presents normative data and descriptions relating to the structure and function of the foot and ankle along with comparisons to pathological conditions Includes multimedia content to support modeling and simulation chapters

Foot and Ankle Motion Analysis Gerald F. Harris,Peter A. Smith,2007-08-22 Human motion analysis or gait analysis is used throughout the country and the world in clinics for pre surgical planning and postsurgical follow up Only recently have technological advances truly begun to meet medical needs by supplying more accurate analytical data from which to make educated assessments of dynamic foot and ankle pathology A com [Clinical Primer of Rheumatology](#) William J. Koopman,Dennis W. Boulware,Gustavo R. Heudebert,2003 Clinical Primer of Rheumatology is designed as a concise essential reference to aid practitioners in diagnosing and treating rheumatoid diseases More than 200 photographs and many tables and charts provide easy access to information necessary to identify the cause of a patient s complaint and plan a course of therapy Recommendations on when to refer a patient to a specialist are clearly indicated in the text Comprehensive coverage of specific rheumatoid diseases is included along with information on sports and occupational related pain syndromes

AAOS Atlas of Orthoses and Assistive Devices John D. Hsu,John W. Michael,John R. Fisk,American Academy of Orthopaedic Surgeons,2008-01-01 With new coverage of postpolio syndrome cranial orthoses and now incorporating the perspectives of renowned physiatrists this is a one stop rehabilitation resource Tips and Pearls in every chapter and a new 2 color format make accessing information a snap Incorporates chapters on the Orthotic Prescription Strength and Materials and the Normal and Pathologic Gait help you understand your role in the rehabilitative process Carries the authority and approval of AAOS the preeminent orthopaedic professional society Contains new chapters on Orthoses for Persons with Postpolio Paralysis Orthoses for Persons with Postpolio Syndromes and Cranial Orthoses Incorporates evidence based recommendations into the chapters on spinal upper and lower limb orthoses to help you select the most proven approach for your patients [Biomechanics of the Lower Extremity , An Issue of Clinics in Podiatric Medicine and Surgery E-Book](#) Jarrod Shapiro,2019-11-28 Guest edited by Dr Jarrod Shapiro this issue of Clinics in Podiatric Medicine and Surgery will cover several key areas of interest related to Biomechanics of the Lower Extremity This issue is one of four selected each year by our series Consulting Editor Dr Thomas Chang Articles in this issue include but are not limited to Using the Biomechanical

Examination to Guide Therapy Approaching the Medial Column and the First Ray Gastrocnemius Equinus Orthotic Management of Adult Acquired Flatfoot Shoes and the Lower Extremity Surgical Biomechanics Biomechanics of Rearfoot and Ankle Surgery Pediatric Considerations Limb Preservation Biomechanics Lower Extremity Biomechanics in the Athlete among others

Sports-Specific Rehabilitation Robert A. Donatelli, PhD, PT, OCS, 2006-10-11 A comprehensive resource for focusing on returning injured athletes to their optimal performance This book discusses exercise principles muscle fatigue muscle damage and overtraining concepts pathophysiology of overuse injuries core evaluation in sports specific testing physiological basis of exercise specific to sport and special considerations for the athlete Social features such as evidence based clinical application boxes provide the reader with a solid body of research upon which to base their practice Aligned to the Guide to Physical Therapy Practice to help learn how to work with athletes injuries and help them make a physical comeback while following best practices Incorporation of muscle physiology demonstrates it as the basis for athlete s exercise prescription Coverage of pathophysiology of overuse injuries illustrates the damage to the musculoskeletal system Inclusion of treatment and training approaches for athletic rehabilitation shows how to restore the musculoskeletal system back to full flexibility strength power and endurance Evidence based clinical application boxes found throughout the book cite key studies and provide real world application to a clinical setting Extensive photographs show hands on demonstrations of important rehabilitation techniques helping the clinician to accurately apply them during treatment

Therapeutic Exercise Michael Higgins, 2011-04-19 Here s the text that builds a strong foundation in the science of sports medicine and teaches you to apply that knowledge to the planning development and implementation of therapeutic exercise programs for specific dysfunctions for all joints of the body You ll begin with an introduction to the science behind rehabilitation and the application of specific techniques Then for each joint guided decision making chapter specific case studies lab activities and skill performance help you meet all of the competencies for therapeutic exercise required by the NATA

Orthotics and Prosthetics in Rehabilitation - E-Book Kevin K Chui, Sheng-Che Yen, Daniele Piscitelli, Inga Wang, 2024-10-14 Selected for 2025 Doody s Core Titles in Orthopedics Develop a strong foundation in the field of orthotics and prosthetics Orthotics and Prosthetics in Rehabilitation 5th Edition is a clear comprehensive resource for clinically relevant rehabilitation information and application Divided into three sections this text gives you a solid understanding of orthotics and prosthetics clinical applications when working with typical and special populations and an overview of amputation and prosthetic limbs This edition has been updated with coverage of the latest technology and materials in the field as well as the latest research evidence making it a must have resource for rehabilitation professionals UPDATED Evidence based content and references ensure you are learning the most current and clinically applicable information available NEW Enhanced ebook version included with every new print purchase allows access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Comprehensive coverage addresses rehabilitation

in a variety of environments including acute care long term care and home health care and outpatient settings Evidence based research throughout the text helps you develop clinical decision making skills Logically organized content is presented in three parts to correspond with typical patient problems and clinical decision making Case studies present real life scenarios that demonstrate how key concepts apply to clinical decision making and evidence based practice World Health Organization disablement model ICF is incorporated to help you learn how to match a patient s limitations with the best clinical treatment Multidisciplinary approach in a variety of settings demonstrates how physical therapists can work with the rest of the healthcare team to provide high quality care in orthotic prosthetic rehabilitation Modern equipment and technology are featured throughout the text presenting the latest options in prosthetics and orthotics rehabilitation Authoritative information from the Guide to Physical Therapist Practice Second Edition is incorporated throughout A wealth of tables and boxes highlight vital information for quick reference and ease of use **Oxford Textbook of**

Musculoskeletal Medicine Michael Hutson,Adam Ward,2016 This all in one companion to the field of musculoskeletal medicine describes basic concepts and offers practical guidelines for diagnosis and treatment and contains models of care which assist understanding of basic concepts The Foot Paolo Ronconi,S. Ronconi,2011-12-01 A new dimension in podiatric surgery a different perspective based on the mathematical approach to osteotomies of the forefoot This is the core of this book which deals with topics that have never been covered in depth in a published format Professor Ronconi delineates through excellently crafted diagrams and graphics as well as an understandable narrative a more profound way of looking at foot biomechanics than is generally given in texts solely dealing with the subjects of pathomechanics and biomechanics In addition there is a very good section on orthopaedic footwear where Professor Ronconi artfully and effectively condenses a virtual lifetime of experience in the biomechanical effects of orthopaedic footwear into an easy to read and understand chapter The reader of this book whether a beginning podiatric medical student or the most experienced foot and ankle surgeon will find this text both interesting and useful The reader is given a different perspective of the material an insight that is fresh and useful aiding in a more complete understanding of those sometimes difficult concepts

Foot Mechanics Ava Thompson,AI,2025-03-17 Foot Mechanics explores the vital connection between foot health and overall physical well being focusing on how foot posture arch support and footwear choices impact biomechanics injury prevention and athletic performance The book highlights how variations in arch height influence weight distribution and joint alignment while also evaluating the effectiveness of orthotics in improving movement patterns One intriguing fact presented is how modern research emphasizes the interplay between intrinsic foot muscles extrinsic leg muscles and the plantar fascia moving beyond simplistic notions of arch support The book uniquely integrates current research with practical applications avoiding overly technical jargon to make complex concepts accessible It critically analyzes popular beliefs about footwear offering an evidence based perspective Beginning with foot anatomy and biomechanics the book systematically explores foot

posture arch support and footwear culminating in strategies for improving foot function and optimizing athletic performance Understanding these relationships empowers individuals to make informed decisions about their biomechanics prevent injuries and enhance their athletic potential **Kinematic MRI of the Joints** Frank G. Shellock, Christopher

Powers, 2001-03-28 Kinematic MRI refers to imaging a joint through a range of motion to examine the interactions between the soft tissue and osseous anatomy that comprise the joint Kinematic MRI techniques were developed because various pathologic conditions are dependent on the specific position of the joint or in response to loading or stress Importantly static

Joint Range of Motion and Muscle Length Testing - E-Book William D. Bandy, Nancy Berryman Reese, 2009-04-24 Learn the best ways to accurately measure range of motion and muscle length with this thoroughly updated new edition Logically organized and easy to follow this practical text provides accurate and up to date information on norms for range of motion in all age groups as well as the reliability and validity of each technique The techniques detail measurement of both joint range of motion and muscle length testing of the spine and extremities using the goniometer the inclinometer and the tape measure An effective combination of instructions illustrations and layout for each technique allows you to easily understand and follow the information provided This title includes additional digital media when purchased in print format For this digital book edition media content may not be included Each chapter uses the same format for each technique allowing you to quickly and easily identify the information you need Hundreds of photos and illustrations clearly depict the various techniques and landmarks Evidence based information throughout includes the latest data on ROM normative values and reliability validity studies Figures have easy to find dots that serve as anatomical markers providing a fast visual reference for exactly where to place the measuring device Complete coverage of the tape measure goniometer and inclinometer prepare you to use any tool in the clinical setting The companion DVD contains video clips demonstrating over 100 measurement techniques A new chapter on infants and children covers specific techniques used in measuring range of motion in children with a particular emphasis on the measurement of joint motion in infants 70 new line drawings help you align the goniometer or other tools accurately Increased coverage of techniques for measuring the motions of the extremities using the inclinometer Reorganized and updated information in each chapter incorporates the latest references and testing techniques and includes descriptions of the arthrokinematics and functional range of motion requirements for each joint

The Mechanobiology of Obesity and Related Diseases Amit Gefen, Dafna Benayahu, 2014-10-18 This volume describes the state of knowledge in the study of the relationships between mechanical loading states in tissues and common pathophysiologies related to increase in mass of adipose tissues and or hyperglycemia which eventually lead to obesity diabetes insulin resistance hyperlipidemia metabolic inflammations certain types of cancer and other related diseases There appears to be an interaction between the loading states in tissues and cells and these chronic conditions as well as with factors such as age gender and genetics of the individual Bioengineering has made key contributions to this research field in

providing technologies for cell biomechanics experimentation microscopy and image processing tissue engineering and multi scale multi physics computational modeling Topics at the frontier of this field of study include the continuous monitoring of cell growth proliferation and differentiation in response to mechanical factors such as stiffness of the extracellular matrix ECM and mechanical loads transferred through the ECM mechanically activated signaling pathways and molecular mechanisms effects of different loading regimes and mechanical environments on differentiation fates of mesenchymal stem cells MSCs into myogenic and osteogenic versus adipogenic lineages the interactions between nutrition and mechanotransduction cell morphology focal adhesion patterns and cytoskeletal remodeling changes in adipogenesis activation of receptors related to diabetes by mechanical forces brown and white adipose plasticity and its regulation by mechanical factors

Clinical Skills in Treating the Foot Warren Turner, Linda M. Merriman, 2005-08-17 The eagerly awaited new edition of *Clinical Skills in Treating the Foot* has been revised and updated with the needs of a broad range of health professionals in mind For anyone treating patients with foot disorders *Clinical Skills in Treating the Foot* will provide invaluable support through three key areas Section 1 is concerned with the general principles of managing foot disorders and the context in which treatment of the foot takes place Included are chapters on treatment planning evidence based practice governance and audit clinical protocols clinical emergencies and health promotion Section 2 examines the application of clinical therapeutics to foot disease and includes chapters on operative techniques surgery and the foot pharmacology physical therapy mechanical therapeutics chairside devices prescription devices and footwear therapy Section 3 considers the particular needs of special groups and includes chapters on the adult foot the child s foot sports injuries and management of tissue viability With its clarity of text and liberal use of case studies and illustrations the latest edition of *Clinical Skills* will be required reading for practising and student podiatrists It will also be a valuable reference and guide for all others involved in the provision of treatment of the foot This book has been written as a companion volume to the editors *Assessment of the Lower Limb* also published by Elsevier Churchill Livingstone Written by an experienced team of clinicians who also understand the needs of students as well as practitioners Logical and clear structure makes it easy to use for both clinicians and students Each chapter is self contained and can be used for independent reading topics Case histories and clinical comment sections illustrate important clinical points Key points and summaries provides assistance for learning and review Features approximately 400 illustrations Half of the contributors are new more experienced clinicians than those used for the previous edition New chapter by new author on Clinical Governance replacing old chapter of Audit and Outcome Measurement Major revision by new authors of chapter on Treatment Planning to reflect new developments and changes in practice Completely rewritten chapter by new authors on Clinical protocols Major revision by new author of the chapter on Foot health education and promotion Major rewrite with new author of the chapter on Pharmacology which will have expanded sections on topical and injected steroids and prescription medicines Major revision by new authors of the chapter

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Coughlin, 2023-03-23 The 10th edition of Coughlin and Mann's Surgery of the Foot and Ankle delivers state of the art comprehensive coverage of the full range of foot and ankle disorders in an easy to manage two volume format Authoritative guidance on every major aspect of the treatment and management of foot and ankle disorders and diseases helps you achieve consistent optimal outcomes for your patients With content covering biomechanics examination diagnosis non operative and operative treatment and post operative management you have all the guidance you need to take your knowledge and skills to the next level Covers all key topics in foot and ankle surgery including ankle reconstruction and total ankle arthroplasty external internal fixation management of complex foot deformities nerve disorders arthroscopic techniques postoperative protocols for all surgical techniques and more Provides expanded coverage of minimally invasive surgery ankle arthroscopy and biologics Features a consistent structured chapter layout across the two volumes for quick and easy reference Offers access to revised online features including streamlined refreshed and all new video content more than 120 videos in all Contains updated images and design as well as revised pearls and key points boxes throughout An eBook version is included with purchase The eBook allows you to access all of the text figures and references with the ability to search customize your content make notes and highlights and have content read aloud

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