# 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.

# FORTUNE J. BSc PHYSIOTHERAPY'

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KEYWORDS: FOOT AND ANKLE BIOMECHANICS, OVERPRONATION AND OVERSUPINATION

#### 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.

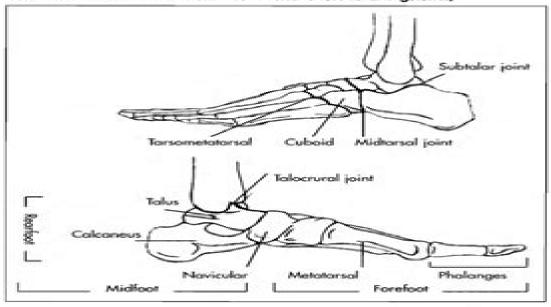
THE AMATOMY (See Figure 1.)

#### 1. Telegraral 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 brevis) provide active stability.

Figure 2.1 show the lateral ligament complex consisting of the anterior talofibular ligament (ATL), the calcaneofibular ligament (CFL) and the posterior talofibular ligament (PTL). Renström and Konradsen (1997) include the subtalar 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

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# **The Biomechanics Of The Foot And Ankle**

Michael Hutson, Adam Ward

#### The Biomechanics Of The Foot And Ankle:

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 The Biomechanics of the Foot and Ankle Robert Donatelli.1990 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 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 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 **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

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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

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web individual performance profile ati teas individual name institution program type ca state channel islands bsn student number test date  $1\ 10\ 2017$  attempt  $1\ 0f\ 16\ 20\ 2017\ 02\ 49$  pm edt ati teas individual please see page 3 for an explanation of the scores percentile rank of students who scored at or below your score  $1000\ 0\ 250\ 0$ 

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