

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.

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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.

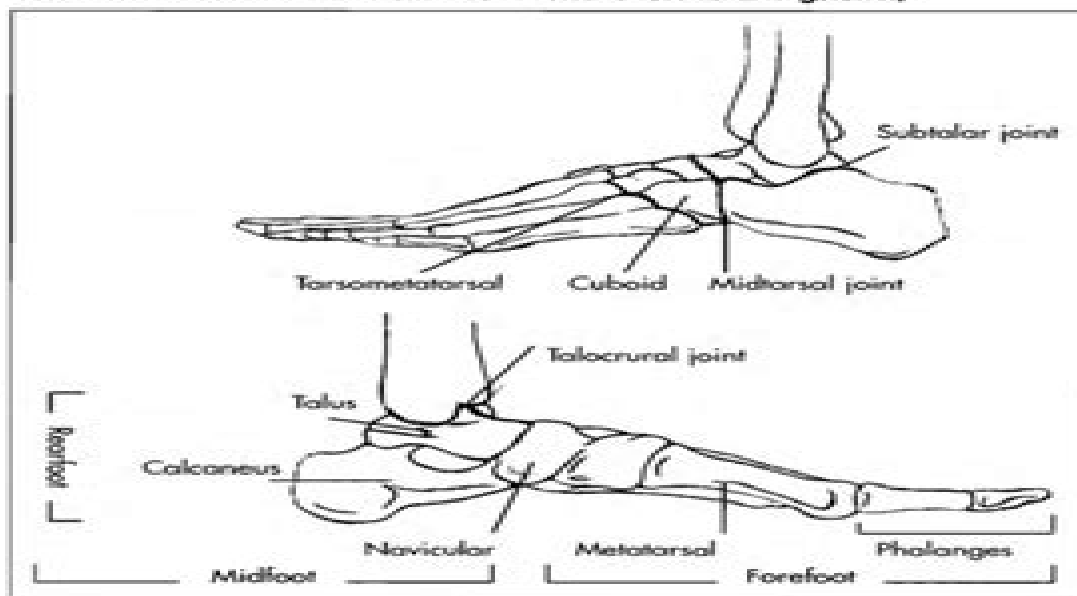
THE ANATOMY (See Figure 1.)

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

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