

PHYSIO4ALL

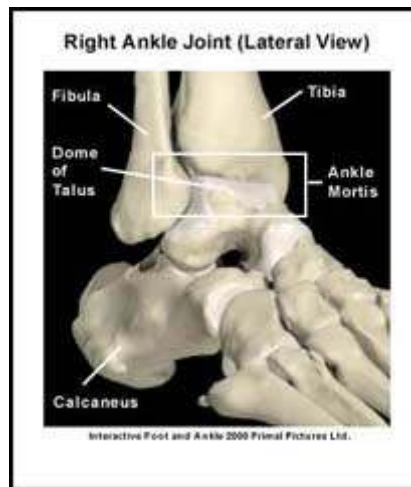
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Osteochondral Lesions

Osteochondral lesions can occur in any joint, but most commonly they occur in the knee and ankle. Such lesions are a tear or fracture in the cartilage covering one of the bones in a joint. In the ankle, osteochondral lesions usually occur on the talus, which is the bone that connects the leg to the foot.

Ankle Osteochondral Lesions

Commonly Osteochondral Lesions can occur at the anterolateral or posteromedial talar dome.



- Anterolateral lesions are usually the result of an inversion (inward) injury and dorsiflexion (upward) forces, causing a shallow lesion.
- Medial talar dome lesions are usually deeper and cup-shaped. They are usually the result of plantarflexion (downward), inversion (inward) and external rotation.

Symptoms

- Everyday activities that put pressure on the joint may lead to pain and swelling.
- Usually painfree when at rest.
- A dull ache in the joint.
- A mild locking or clicking of the ankle joint.
- Joint stiffness.
- Pain on range of motion.
- Pain on attempted activity.

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Causes and Risk Factors

- Often occur when there is an injury to the joint, especially if there is an ankle sprain. The most common cause is from a crush or injury to the surface of the bone during the abnormal motion of the ankle in a sprain.
- Individuals who play sports such as soccer, football, rugby and golf may be at risk.
- May involve a genetic predisposition.
- May be caused by abnormal bone development, especially when they occur in children. Repetitive trauma has also been associated with the development of such lesions.

Treatment

For adults, such a condition usually requires surgery.

- Most commonly- arthroscopic exploration and treatment.
- NWB 4-6 weeks post surgery.
- In some cases a cast must be worn for part or all of that period.
- **Physiotherapy** is then recommended to rehabilitate the affected ankle.

Physiotherapy treatment

- Exercises to improve strength, proprioception and range of movement
- Soft tissue massage
- Joint mobilization
- Taping/brace
- Biomechanical correction for poor foot mechanics
- Electrotherapy

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