

ANATOMY AND INJURIES

The ankle joint consists of 3 bones:



Peroneal tendons

Consist of two tendons that begin with an attachment to the calf muscle and end in attachments to the arch of the foot and the outer part of the foot.



MOST COMMON INJURIES

1 SPRAINING OR "ROLLING" THE ANKLE

This motion stretches the tendons to the point where they might snap or tear.

Pain, weakness, tenderness, or inability to put weight on the affected ankle

1

2

TENDONOSIS

General degeneration of the tendon tissue which occurs naturally over time.

↳ *Pain, swelling, instability in the joint.*

3 TENDONITIS

This can be caused by small or large tears, degeneration, or injury. This is what occurs when the tendon is not functioning properly.

Swelling, pain and tenderness in the ankle and foot.

3

4

SUBLUXATION

This can be caused by natural degeneration causing structural changes, an injury that dislocates the tendons, or a structural abnormality.

↳ *Popping sensation in the ankle, often accompanied by pain.*

Tendon Injuries

Yi-Tong Ma



Tendon Injuries:

Adopting the Beat of Phrase: An Mental Symphony within **Tendon Injuries**

In some sort of eaten by monitors and the ceaseless chatter of quick interaction, the melodic splendor and mental symphony created by the published term often diminish into the backdrop, eclipsed by the persistent sound and distractions that permeate our lives. But, situated within the pages of **Tendon Injuries** a wonderful fictional prize filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that captivating masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching analysis, we will examine the book is main harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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