

## On Anterior Ankle Pain with Increased Dorsiflexion

If a client complains of anterior ankle pain (like a "pinching") with increased dorsiflexion especially at end-range, it may (but not necessarily so) describe anterior ankle impingement (AAI or sometimes called "footballers' ankle")--commonly arising from [repeated] old injuries/insults to the ankle complex (Scholnick, 2016; Talusan, Toy, Perez, Milewski, & Reach, 2014). Repeated insults may cause scar tissue formation along with tibiotalar exostosis (new bony formations) (Talusan et al., 2014). In an extreme case, some kind of invasive intervention (e.g. injection, surgery) may be necessary.

Again, it would be incredibly premature and erroneous to automatically assume someone has AAI. I am just presenting AAI as a hypothetical situation or one potential seems to be a fairly common problem with a range of severity from mildly annoying to a case requiring surgical intervention.

Brent Brookbush's video (<https://youtu.be/5tLAKC1kZBk>) presents a way to modify Brett's presentation of the traditional calf stretch by unweighting the affected ankle so as to avoid a "compressive effect" of full bodyweight plus dorsiflexion.

## References

Brookbush, B. (2014, May 18). *Ankle mobilization (self-administered)* [Video file]. Retrieved from <https://youtu.be/5tLAKC1kZBk>

Scholnick, K. (2016). Anterior ankle impingement syndrome. *Podiatry Management*, 35(1), 137-146.

Talusan, P. G., Toy, J., Perez, J. L., Milewski, M. D., & Reach Jr, J. S. (2014). Anterior ankle impingement: diagnosis and treatment. *Journal of The American Academy of Orthopaedic Surgeons*, 22(5), 333-339.