

**GENERAL INTERNAL MEDICINE & HEALTH SERVICES RESEARCH CASE
CONFERENCE TEACHING MODULE**

Ankle Injuries
Dr. Baldeep Singh
Reviewed 9/2008

Mr. A is a 38 year-old “weekend warrior” who presents to you complaining of a several hour history of right ankle pain and swelling after twisting his ankle during a pick-up basketball game.

- 1) What questions are important to ask on history?
- 2) What are the salient features of the ankle examination that should be performed on Mr. A?

Mr. A has a moderate amount of swelling over the lateral aspect of his right foot, just anterolateral to his lateral malleolus. He has point tenderness over the area of his right anterior talofibular ligament and 1+ laxity on both anterior drawer and talar tilt testing.

- 3) Should x-rays be taken? If yes, what views?
- 4) Describe the grading system for ankle sprains. What grade does Mr. A seem to have?
- 5) How would you treat this patient’s ankle injury?
- 6) What type of follow-up should Mr. A. have?
- 7) What are indications for referral to an orthopedist/podiatrist in the setting of ankle trauma?

Mr. A retires from his illustrious weekend basketball career and his ankle pain initially resolves. However, over the course of the next year, he develops recurrent pain of his right lateral ankle and notices that it frequently gives way when he walks.

- 8) What differential diagnosis would you consider for his recurrent ankle pain?
- 9) How would you evaluate this patient? Would x-rays be helpful?
- 10) At what point would you refer this patient for orthopedic consultation?