

Fractures, Dislocations, Sprains



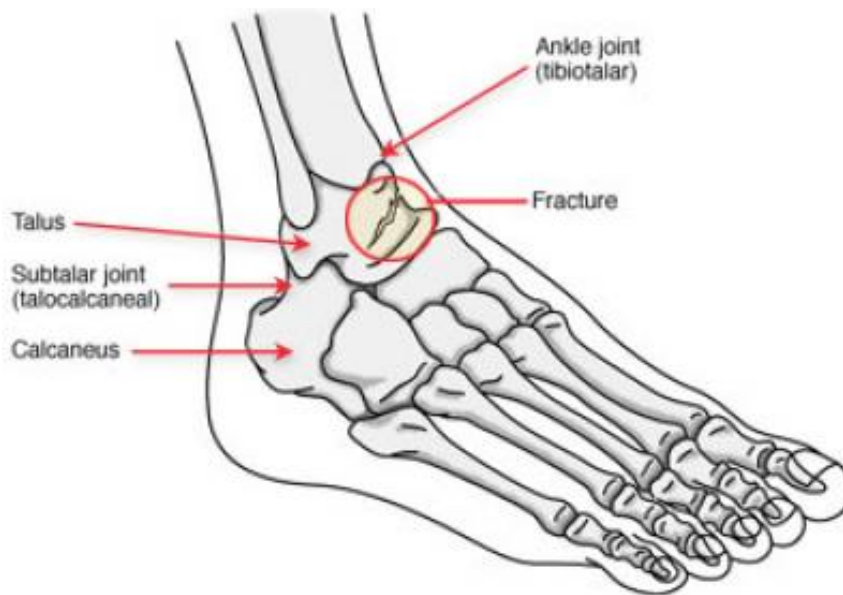
Broken bones, dislocations, sprains and contusions are among the most frequently treated problems in our office. A dislocation is an injury that occurs when a bone moves out of its joint (forced from their normal position). The cause is usually trauma, such as a blow or fall, but dislocation can be caused by an underlying disease such as rheumatoid arthritis. A sprain/strain is the stretching or tearing of ligaments or tendons. A contusion is an injury to tissues with skin discoloration without breakage of skin also known as a bruise.

Too often patients wait until several days after an injury before seeking medical attention. Delayed treatment may compromise healing.

Here are some common misconceptions about foot and ankle injuries.

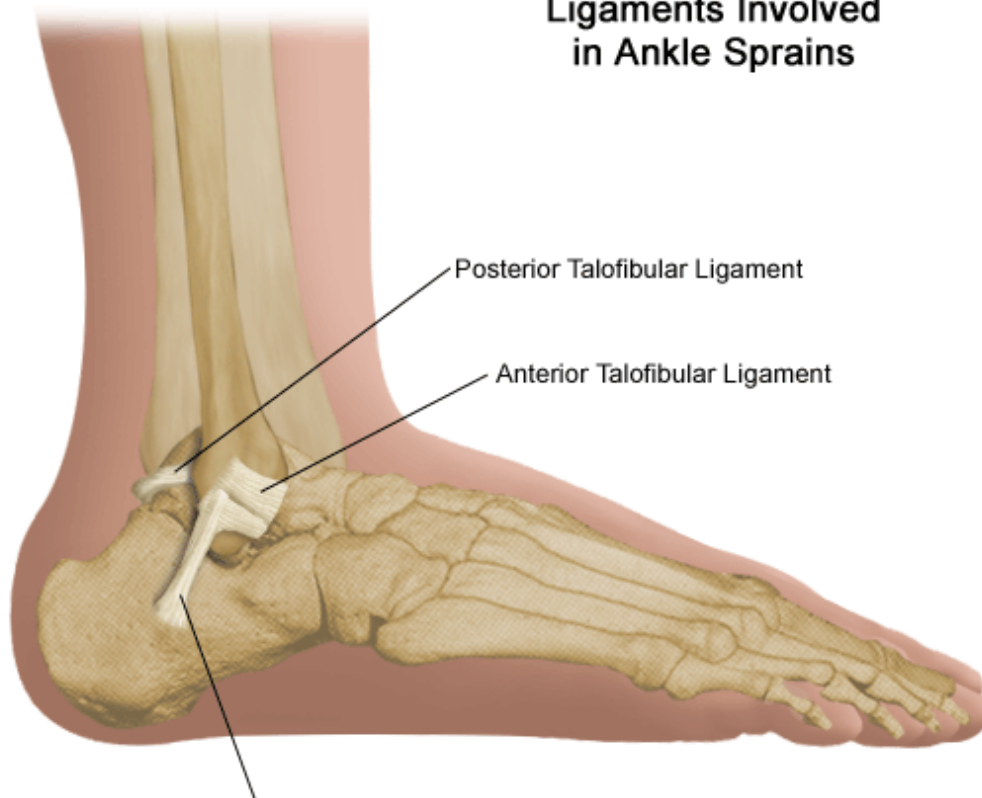
1. **"It can't be broken because I can move it"** - Often you can walk with certain types of fractures.
2. **"There's nothing you can do for a broken toe"** - Neglecting to seek care may result in improper or incorrect healing. A post fracture deformity may result

which can create chronic problems. Prompt treatment and proper alignment of the fractured site is necessary to prevent further problems.



3. "A fracture is a lesser injury than a break" - Actually they mean the same and are identical. Both words are used to describe broken bones.

Ligaments Involved in Ankle Sprains



Consequences of Improper Treatment

Some people say that "the doctor can't do anything for a broken bone in the foot." This is usually not true. In fact, if a fractured toe or metatarsal bone is not treated correctly, serious complications may develop. For example:

- A deformity in the bony architecture which may limit the ability to move the foot or cause difficulty in fitting shoes.
- Arthritis can be the result of a fracture in a joint (the juncture where two bones meet), or may be a result of angular deformities that develop when a displaced fracture is severe or hasn't been properly corrected.
- Chronic pain and long-term dysfunction.
- Non-union, or failure to heal, can lead to subsequent surgery or chronic pain.