



FOOT NOTES

From the office of Carlisle Foot & Ankle Specialists



Chronic Ankle Pain

Chronic Ankle Pain is **NOT** normal and is most often associated with a history of previous ankle injury.

An ankle that has not responded to conservative treatment may have unresolved soft tissue injury or inflammation (synovitis), an undiagnosed osteo-chondral lesion or degenerative joint changes. Many times radiological exams such as x-ray and MRI are normal despite the chronic pain being present. An evaluation by a foot & ankle surgeon may be helpful in these instances.

If deemed an appropriate candidate, a simple ankle arthroscopy can “clean out” any inflammatory tissue present within the ankle joint. Depending on the extent of the debridement most patients can walk immediately in a walking cast boot and return to their regular shoes and normal lifestyle quickly.



For more information or to refer your chronic ankle pain patient for an appointment feel free to contact our office:

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