

Foot and Ankle Anatomy Fast Facts

- The foot and ankle contain 26 bones, one quarter of the bones in the human body
- 33 joints make up the foot and ankle
- more than 100 muscles, tendons and ligaments make up the foot and ankle
- the foot has two main functions: weight bearing and propulsion
- the foot and ankle need to be both stable and flexible!
- the achilles tendon is the most important tendon for walking, running and jumping

Work Injuries "Top Ten" List by occupation

10. Maintenance and repair workers
9. Stock clerks and order fillers
8. Carpenters
7. Retail salespersons
6. Janitors and Cleaners
5. Truck drivers, light
4. Construction laborers
3. Nursing aides and orderlies
2. Truck drivers, heavy

And the number #1 occupation for injuries is:

1. Laborers, non construction

Source: Insurance Information Institute

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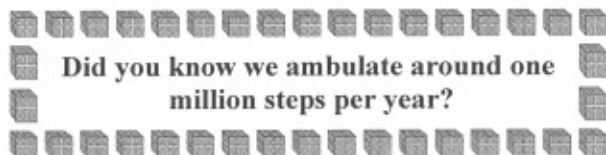
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Most Common Foot Injuries

1. **Sprained ankles** are one of the most common injuries. Because the inner ankle is more stable than the outer ankle, the foot is likely to turn inward (ankle inversion). This stretches or tears ligaments; the result is an ankle sprain. The lateral ligament on the outer ankle is most prone to injury.
2. **Achilles tendon injury.** The strongest and largest tendon, the Achilles tendon connects muscles in the lower leg with the heel bone. Overuse can overstress this tendon and cause a strain (Achilles tendinitis) or a rupture. A direct blow to the foot, ankle, or calf can also cause it.
3. **Overuse injuries.** Excessive training, such as running long distances without rest, places repeated stress on the foot and ankle. The result can be stress fractures and muscle/tendon strains.
4. **Shin splints.** Pain in front of the shin bone (tibia) usually is caused by a stress fracture, called shin splints. Overtraining, poorly fitting athletic shoes, and a change in running surface from soft to hard puts people at risk for this injury.



**Did you know we ambulate around one
million steps per year?**



Foot Pain from Diabetes

Diabetic Nerve Pain is caused by damage to the nerves. It is also known as Diabetic Peripheral Neuropathy. An EMG can determine if foot pain is caused by diabetes.

Tarsal Tunnel Syndrome

Like carpal tunnel in the wrist, TTS occurs when the tibial nerve in the foot becomes entrapped. Although there are many causes, it can be caused by trauma to the ankle, such as a fracture. When the injury heals, fibrous tissue develops, similar to a scar. If too much scar tissue forms, it can restrict movement in the tarsal tunnel and cause entrapment of the nerve, resulting in pain, numbness and burning in the foot.