

Dr. Milap S. Patel

Dr. Anish R. Kadakia

Ankle Instability



Ankle instability most commonly results from a prior ankle sprain that has healed, however, the ligaments that support the ankle are lengthened/elongated and do not provide the mechanical stability that is needed. Having this condition does not imply that the treatment you had for your ankle sprain was not appropriate. Other conditions commonly exist with ankle instability including peroneal tendon pathology, osteochondral defects of the talus, and high arched foot. Patients can feel that their ankle “gives out” with high level activity such as running and cutting sports or in severe cases with walking on uneven ground, grass, or gravel.

When diagnosing ankle instability, we rely on listening to the patient and understanding when the feeling of instability occurs and what activities cause the ankle to be unstable. The physical exam helps to determine the amount of laxity of the ankle joint, pain over the ankle, peroneal tendon pain/swelling, in addition the alignment of the ankle and foot. Xrays are taken to determine if there is any evidence of ankle arthritis, spurring, and to evaluate ankle alignment. In many cases, a MRI is required prior surgical intervention to further identify soft tissue injury so that an appropriate surgical plan can be created.

Treating chronic ankle instability does not always require surgery, however, repeated episodes of giving out of the ankle has been associated with ankle arthritis. Our goal is to provide the patient with options to improve their life quality with both non-surgical and surgical options. Non-surgical options include activity modification, physical therapy to provide improved ankle stability, and the use a lace up ankle brace maximize your quality of life without undergoing surgery. If persistent ankle instability occurs, despite these non-surgical treatment methods, surgery may be considered. The surgical options that we employ provide improved mechanical stability by repairing your own ligaments to the ankle and utilizing modern advances in orthopedic technology including the Internal Brace®.