

## **INTRODUCTION**

Chronic ankle pain is considered to be a daily challenge presenting to physician clinics. The evaluation of patient with chronic ankle pain can be difficult and requires an understanding of the anatomy of the area and the presentation of the localized and systemic pathology.

The Ankle is a complex hinged joint consisting of functional articulations between the tibia and fibula, tibia and talus, and fibula and talus, each supported by a group of ligaments. The tibia and fibula form a mortise providing a constrained articulation for the talus or tenon. The articular surface of the distal tibia (tibial plafond) and the mortise is wider superiorly and anteriorly to accommodate the wedge-shaped talus. So, the shape of the joint alone provides some intrinsic stability especially in weight bearing.

A surprising long list of conditions can cause chronic ankle pain, including; chronic ankle instability which usually follows inadequate rehabilitation after ankle sprain. In a 1975 , Staples noted that 42% of those with grade III lateral sprains treated nonoperatively were still symptomatic at follow-up. Other causes may include; sinus tarsi syndrome, adhesive capsulitis, Os trigonum syndrome, tendinopathies, ankle impingement, nerve injury.....etc.

However, patients with osteoporosis or another metabolic bone disease may present with chronic ankle pain, as many patients with gout or, rarely, those with a tumour.

**The aim of the work:**

1. To discuss the normal anatomy of the ankle joint as well as the biomechanics of the ankle and foot region in order to understand and detect the physiological and pathological changes that can affect the function of the ankle joint.
2. To present and discuss how to classify causes of chronic ankle pain and to discuss the most important causes.
3. To discuss how to reach the correct diagnosis in cases of chronic ankle pain through a systemic regimen starting with detailed history and physical examination going to the different investigation modalities which can help in diagnosis.
4. To present and discuss different methods of treatment of chronic ankle pain.