

# Osteochondritis Dissecans (Ankle)

## What is it?

Loose bodies in the joint occurs when a fragment of bone adjacent to the articular surface of a joint is deprived of its blood supply, leading to avascular necrosis.

## What causes it?

Loss of blood flow to the articular surface of the talus along with injury to the bone. Repetitive wear on the cartilage and bone surface of the talus. Previous ankle injury.

## Symptoms

Pain and discomfort. If the fragment becomes detached and lodged in the joint, swelling and loss of movement may occur. A catching sensation in the ankle may be felt.

## Top Tips

Ice, immobilise and use anti-inflammatories to manage the pain. Seek medical advice as soon as possible

## How to treat it

Rest and possible immobilisation of joint. Referral to medical professional. Anti-inflammatories.



## Rehab

Strengthening muscles of the lower leg to support the joint. Stretching and range of motion activities. Gradual return to activity.

## Definitions

**Articular Surface of a Joint** – the surface of a bone which makes direct contact with another skeletal structure (eg bone or cartilage) as part of the joint

**Avascular Necrosis** – death of bone tissue due to lack of blood supply

**Talus** – a bone which sits between the heel bone and the two bones of the lower leg

## Associated Conditions

- Ankle Sprain
- Posterior Tibial Tendinitis
- Peroneal Tendon Subluxation
- Peroneal Tendinitis
- Ankle Supination
- Pronation
- Retrocalcaneal Bursitis
- Extensor and Flexor Tendinitis

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