

Study Guide

Ankle Injuries

The ankle is what kind of joint?

What is the name of the large bone in the lower leg?

What is the name of the bone that forms the ball like bone on the inside of the ankle?

What is the name of the bone that is in the lower leg that is involved with most ankle sprains?

Which of the following ligament(s) are most commonly injured in the ankle?

Which of the following ligaments are least commonly sprained in the ankle?

What is the name of the heel bone?

What degree of sprain is a partial thickness injuries.

What is the name of the bone that the tibia rests on?

The name of the tissue that helps protect bone ends?

Which of the following soft tissue has the best vascular circulation?

What two bones does the anterior Talofibular ligament connect?

What two bones does the calcaneofibular connect?

What is the name of the bones that the deltoid connects?

What is the name of the large toe?

What is the name of the bones that form the arch of the foot?

What do the letters c and e stand for in RICE?

What is the name of the tendon that connects the gastrocnemius and the calcaneus?

What is the bone that has poor circulation of the ankle or foot?

What is the name of the bone that fractures during a “runner's fracture”?

Draw The Ankle Joint: