

## **Ankle Arthroscopy**

Arthroscopy is a surgical procedure during which the internal structure of a joint is examined for diagnosis and treatment of problems inside the joint. Ankle Arthroscopy includes the diagnosis and treatment of ankle conditions.

## **Ankle Fracture**

Ankle injuries are the most common sports-related injury. An ankle fracture is a break in one or more bones that make up the ankle joint. Sometimes ligaments may also be damaged.

## **Bunion Surgery**

Bunion is a foot deformity that changes the shape of the foot causing the big toe to turn inward, towards the second toe leading to pain and inflammation. A bunion is caused by incorrect footwear, joint damage, arthritis, and genetic disposition.

## **Achilles Tendon Rupture**

Achilles tendon is a strong fibrous cord present behind the ankle that connects the calf muscles to heel bone. It is used when you walk, run and jump. When the Achilles tendon becomes thin, weak, or if it is not used, it may be susceptible to injury or damage.

## **Ankle Sprain**

A sprain is stretching or tearing of ligaments, which connect adjacent bones in a joint and provides stability to the joint. An ankle sprain is a common injury and occurs when you fall or suddenly twist the ankle joint or when you land your foot in an awkward position after a jump.

## **Common Toe Deformities**

Toes are the digits in your foot and are associated with walking, providing balance, weight-bearing and other activities. A variety of toe deformities occur in children's feet.

## **Plantar Fasciitis**

Plantar fasciitis is a common problem that causes pain under the heel bone often with lengthy walks and prolonged standing. It is most often seen in middle-aged men and women. Plantar fascia is a thick band of tissue that lies at the bottom of the foot. It runs from the heel bone to the toe and forms the arch of the foot. The plantar fascia functions as a shock absorber and also supports the arch of the foot.