



POSTERIOR ANKLE
IMPINGEMENT

OS TRIGONUM
SYNDROME





POSTERIOR ANKLE IMPINGEMENT

OS TRIGONUM SYNDROME

Cause

Posterior ankle impingement is a condition where a dancer will feel pain or restriction at the back of the ankle when rising onto demi pointe or pointe. (This is different to achillies tendinopathy where pain is felt when standing on flat or performing a demi plie). The impingement is usually caused due to the presence of an extra bone (Os Trigonum) behind the ankle which can become caught when the dancer performs steps such as rises or relevés.

Treatment

Firstly, rest by ceasing activity that aggravates the condition. Next is pain management. Ice is effective in reducing pain and swelling. Clinical management may include taping, joint manipulation and soft tissue therapy. Strengthening and rehabilitation and if all else fails, surgery would be recommended.

