

A. US of ankle and joint: basics

Ankle trauma is very common in sport injury. Before treatment, diagnosis is very important, ultrasonography could demonstrate soft tissue very well including dermis, subcutaneous tissue, tendon, ligament, vessels and nerve, and even part of bony cortex and periosteum. Ultrasound could play a very important role in the assessment and management of ankle and foot pathologies. It offers a non-invasive, real-time method for evaluating the soft tissue structures and part of bony cortex. Through the high-resolution imaging, it could identify the conditions such as Achilles pathology, ATF tear, extensor and flexor tendinopathy, plantar fasciitis, etc, and allowing for prompt and accurate diagnosis. Moreover, US-guided interventions, including, repeated puncture, injections, dissecting and aspirations, enhance the precision of therapeutic procedures and improve patient outcomes. As a versatile imaging modality, ultrasound serves as an indispensable tool in the comprehensive assessment and treatment of ankle and foot disorders, contributing to enhanced clinical decision-making and patient care. I am going to present some interesting cases and slides to share with you.