

The Sporting Foot & Ankle – Lizzie Marlow

AM: 09:00 – 12:30

- **Lateral ankle pain:**
 - Acute lateral ligament injuries
 - Chronic ankle instability
 - Fibular fractures
 - Syndesmosis injuries
 - Peroneal tendon injuries
 - Superficial peroneal and sural nerve
- **Medial ankle pain:**
 - Posterior tibial tendon dysfunction
 - Tarsal tunnel syndrome
 - FHL tendinopathy
 - Posteromedial impingement
 - Deltoid ligament injuries
- **Talocrural and subtalar joint:**
 - Impingement
 - Osteochondral injuries
 - Talus fractures
 - Osteoarthritis
 - Sinus Tarsi

PM: 13:00 – 17:00

- **Heel pain:**
 - Plantar fasciopathy
 - Calcaneal spurs
 - Baxter's neuropathy
 - Heel fat pad
- **Achilles tendon and calf pain:**
 - Achilles tendon injuries
 - Paratendinitis
 - Plantaris
 - Calf tears
 - DVT
- **Midfoot pain:**
 - Navicular pathologies (Bone stress injury, fracture, ACV)
 - Lisfranc injuries
 - Calcaneocuboid joint pain
 - Talonavicular joint pain
 - Tarsal coalitions

- **Forefoot pain:**
 - Metatarsal bone stress injuries
 - Freiberg's
 - Morton's neuroma
 - Metatarsalgia