

Introduction to Ankle Issues

Physical Therapy in Frederick, Damascus, Thurmont, Jefferson, Urbana and New Market for Ankle Issues

Welcome to the Amber Hill Therapy Centers resource about the ankle.

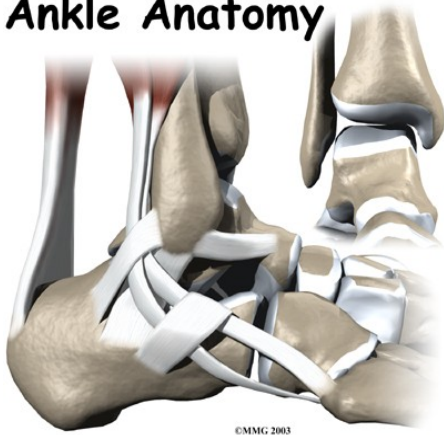
Ankle injuries can be a real pain, literally and figuratively. Not only can they lay you up or make you hobble around, they may cause you to banish your favorite pair of stilettos to the closet or cancel that game of touch football that you had planned for the weekend.

If you are currently in pain and suffering from an ankle injury, it is important that you know the facts about this sensitive area. After all, if your ankle injury is not given the proper attention and healed completely, you run the risk of it occurring again.

In this area of our site you will find various resources on the types of ankle injuries that you could suffer from as well as information about the steps that should be taken for fixing this problem.

Take the time and make sure you get proper attention; after all, you have better things to do than hobble around on a pair of crutches.

Ankle Anatomy



Click on a link below to learn more about:

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