

# Talar Dome Lesion

Talar dome lesions are injuries to the cartilage and the bone underneath of the talus in the ankle joint. These lesions are often the result of an injury, such as that of a sprained ankle. If the cartilage doesn't properly heal after the injury, it may become soft and start to degenerate or erode and can detach. A broken piece of the cartilage that is damaged may end up floating around on the inside of the ankle.

Unless the injury is more severe, it can take months, a year, if not longer for any symptoms to develop. Common symptoms include:

- Episodes of ankle swelling, such as when bearing weight and going away when resting
- Sensations of the ankle giving out or locking up
- An occasional catching or clicking feeling when you walk
- Chronic pain deep within the ankle joint, which tends to get worse when the foot is bearing weight and less once you are resting

## Talar Dome Lesion Anatomy

Three articulations make up the ankle: the shinbone, the fibula (outer bone of the ankle), the tibia (shinbone) and the talus (this bone lies between the fibula and the tibia). The ankle ligaments hold the structure together and connect the bones together. A deltoid ligament holds the talus bone to the shinbone on the ankle's inside. On the ankles' outside, two smaller ligaments hold the talus bone to the fibula and one ligament from the calcaneus to the talus. There are also muscles surrounding the ankle that helps to propel it and let the athlete jump and run.

The talus is the keystone in the ankle. It joins the lower leg bones to the foot bones. It is the main bone which allows us to bend or straighten our ankle.

## How to Treat a Talar Dome Lesion:

### 1. Immobilization

Depending on the exact type of injury you have, the leg might have to be placed into a cast boot or cast to help protect the talus. During the time of immobilization, you might want to participate in non-weight-bearing, range of movement exercises, or have physio.

### 2. Oral Medication

A non-steroidal anti-inflammatory medication can help to reduce inflammation and pain.

### 3. Physical Therapy

Range of movement exercises and strengthening exercises are quite beneficial once the injury has had time to heal properly. Physical therapy can also include techniques to help reduce swelling and pain in the site.

### 4. Ankle Brace

Wearing a brace on your ankle can help to protect it from becoming reinjured, especially when the ankle isn't stable yet.

### Tips:

- Whenever participating in any sporting activities, make sure to wear the proper equipment and shoes to prevent any unnecessary injuries from occurring. If you play a sport where ankle sprains are common, such as netball or basketball, wear an ankle brace.
- Don't change your running or walking routine too quickly, especially when it comes to pounding a surface that is a lot harder than what you are used to.
- Spraining your ankle can lead to far more problems than what you might think; make sure to get it examined by a medical professional for an accurate diagnosis. Always rehabilitate with a therapist if you sprain an ankle.
- When injured, allow your foot the time it needs to heal properly to prevent additional injuries from occurring.
- Apply ice to the injured site for 5-10 minutes at a time three to five times per day to help with swelling and pain.