

What is an Ankle Fracture?

A fracture is a partial or complete break in a bone. In the ankle, fractures can range from the less serious avulsion injuries (small pieces of bone that have been pulled off) to severe shattering-type breaks of the tibia, fibula or both.

Ankle fractures are common injuries that are most often caused by the ankle rolling inward or outward. Many people mistake an ankle fracture for an ankle sprain, but they are quite different and therefore require an accurate and early diagnosis. Both can occur simultaneously.

Keep Reading

Treatment

Treatment of ankle fractures depends upon the type and severity of the injury. Options include:

Immobilization. Certain fractures are treated by protecting and restricting the ankle and foot in a cast or splint. This allows the bone to heal.

Prescription medications. To help relieve the pain, the foot and ankle surgeon may prescribe pain medications or anti-inflammatory drugs.

Surgery. For some injuries, surgery is needed to repair the fracture and other related injuries, if present. The foot and ankle surgeon will select the procedure that is appropriate for your injury.

ANKLE FRACTURES

WHAT CAUSES ANKLE FRACTURES?

Ankle fractures result when the ankle is forced inward or outward past its normal range of motion. Fractures result from the same causes as sprains. This can occur when a jumping or running athlete lands on an uneven surface. It may also occur when the foot is firmly planted and the body gets twisted. Equipment and surface conditions may also play a role. Sports most commonly associated with ankle fractures include: Basketball, Football, Baseball and Soccer. An ankle fracture is accompanied by one or all of these signs and symptoms:

- Pain at the site of the fracture, which in some cases can extend from the foot to the knee.
- Significant swelling, which may occur along the length of the leg or may be more localized.
- Blisters may occur over the fracture site. These should be promptly treated by your surgeon.
- Bruising, which develops soon after the injury.
- Inability to walk-however, it is possible to walk with less severe breaks, so never rely on walking as a test of whether a bone has been fractured.
- Change in the appearance of the ankle so that it differs from the other ankle.
- Bone protruding through the skin-a sign that immediate care is needed! Fractures that pierce the skin require urgent attention because they can lead to severe infection and prolonged recovery.

How to prevent ankle fractures

Taping, bracing, and high top shoes may help prevent some ankle fractures. Maintaining excellent ankle muscle strength and balance, and wearing the Proper footwear when participating in sports also may reduce your risk.

How Smart Is Your Right Foot??

This is hysterical. You have to try this...It's absolutely true. I guess there are some things that the brain cannot handle.

How Smart Is Your Right Foot

You have to try this please, it takes 2 seconds. I could not believe this!!! This will boggle your mind and it will keep you trying over and over again to see if you can outsmart your foot, but, you can't.

It's pre-programmed in your brain!

1. Without anyone watching you (they will think you are goofy!) and while sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand.

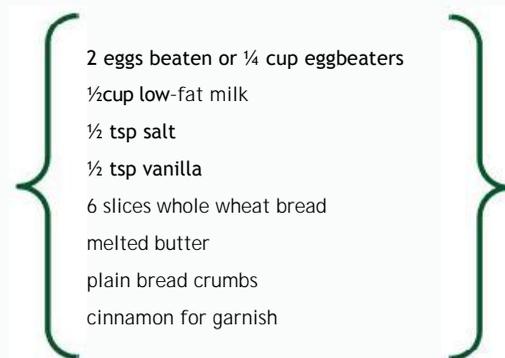
Your foot will change direction!!! I TOLD YOU SO!!

And there's nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so!

Just Try It!

Diabetic Recipe!!! Holiday Morning Breakfast

Oven Baked French Toast Ingredients



Preheat oven to 450 degrees. Sprinkle the cookie sheet with dry bread crumbs.

Combine the first four ingredients and whip with a table fork. Dip each bread slice into egg mixture on one side only. Place dipped bread slice on top of crumbs on cookie sheet, egg side down.

Sprinkle more bread crumbs on top of bread slice and drizzle with melted butter. Sprinkle with cinnamon.

Peripheral Arterial Disease [P.A.D.]

If you engage in excessive amounts of exercise, your legs will hurt. That's normal. But if you regularly have foot and leg pain after moderate or small amounts of exercise, or feel it lying down or sitting in a chair, that is not normal. That's when leg and foot pain can be a problem.

The symptoms of leg and foot pain are more common than you think, particularly for people over age 50, and especially for those who smoke or have diabetes. About 30% of adults in this category have some form of peripheral arterial disease, which is often the underlying cause of leg pain.

People with pain, cramping, swelling, numbness, or skin discoloration in their legs may be showing signs of peripheral arterial disease. Many think symptoms like these are part of the aging process and wait until their condition is advanced to consult their doctor about the cause.

Leg pain feels different to different people. Some people feel it as sharp, crampy or "Charlie-horse" type pain they get after walking, climbing stairs or some other kind of leg exercise. This type is called "intermittent claudication." In more severe cases, people will complain of pain in their toes or feet when lying down, and this pain can even disturb sleep. This type of leg, foot pain is called "rest pain." There is a test which can be done to determine if you have P.A.D. PADnet is a 15-20 minute test, non invasive, of segmental blood pressures in your arms and legs, called the ABI, or ankle brachial index (pronounced as 'an'kel-bra'ke-el in'dex'). It also measures blood volume in the legs using pressure cuffs (Pulse Volume Recordings or PVR's) and blood pressures in the toe (toe brachial index or TBI). Dr. Danciger is the only doctor in the Coachella Valley to offer this state of the art testing to better diagnose vascular disease. Call the office if you have symptoms of P.A.D., to find out more and if you need to be tested.

Community Service Project Shoes for the homeless

Dr. Danciger is sponsoring a community service program to help the homeless. The goal of this project is to provide a much needed supply of footwear for the homeless and underprivileged in the Coachella Valley by collecting shoes in good condition donated by members of the community. The program is called: **KEEPING COACHELLA VALLEY ON ITS FEET**. There is a donation box in his office. The concept is for people to donate their gently used athletic shoes that Dr. Danciger will deliver to the Coachella Valley Rescue Mission and Martha's Village & Kitchen, where the shoes will be distributed to those in need. The shelters are very enthusiastic about this program and Dr. Danciger looks forward to it being a big success. If you have shoes to donate, please do not hesitate to stop by our office to deposit your shoes for this worthy cause.

Thank you.

Sudoku Essentials

						1	7	
		7	8	9	1		3	6
	4	3			9		2	
		8		5	6	7		
	6		1		3	8	4	
8	2		3	6	7	9		
	9	6						

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

Paul G	Gloria E	Frances M
Fred R	Dale S	Yvonne K
Paul S	Marie F	Deeann N
Shelly M	Mary B	Karen D
Murray T	Joel H	William L
Ken S	Paul S	Scott S
Christopher V	Birgitta O	Len S
Donna R	Valerie S	Rebecca P
Marc B	Christopher F	Heather M
Donald H	Dorothy R	Ghaleb S
Hessam M	William L	

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! We would like to proudly welcome the following new patients:

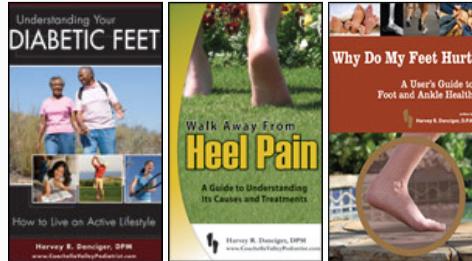
Jack S	Michael W	Elaine C	Robert M
Charles H	Kris M	Barbara M	Caren K
Robert C	Raymond M	Marjorie L	Juana S
Judith T	Howard M	Michael K	William M
Iris M	Henry C	Jerome C	Larrimore A
Iris P	Peggy D	Randolph L	Karen F
Silvio F	Edward H	Robert D	Rosemary R
Helene S	Katherine W	Carole S	Verna B
Christine O	Constance P	Samuel V	Martha G
Bengt O	Joan F	Carole N	Nadine C
Jacqueline S	Gary D	Jay H	Robert A
Kenneth H	Martin L	Lindsay M	William L
Marlene O	Bobette C	Kenneth K	James M
Donald E	Dennis H	Barbara G	Ryan M
Donald H	Jose C	Mary K	Edward K
Daniel E	Donald M	Catherine F	Don C
Ed D	Donald S		

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a January birthday. We have a large patient population with a birthday in January, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

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Meet Your Staff

- Harvey R. Danciger, DPM
- Liria Escobar, Patient Coordinator
- Margarita Acosta, Patient Coordinator
- Rebecca Bravo, Medical Assistant
- Jessica Fausto, Community Relations



L to R - Jessica, Margarita, Rebecca, Lilly

Let's Connect



Sudoku Essentials Solution

9	3	1	6	7	2	4	5	8
6	8	2	5	3	4	1	7	9
4	5	7	8	9	1	2	3	6
5	4	3	7	8	9	6	2	1
2	1	8	4	5	6	7	9	3
7	6	9	1	2	3	8	4	5
8	2	5	3	6	7	9	1	4
1	9	6	2	4	5	3	8	7
3	7	4	9	1	8	5	6	2