CHAPTER 19 WORKSHEET
THE ANKLE AND LOWER LEG

MATCHING: Match each item with the appropriate response.

1. Achilles tendon
2. Extensor digitorum longus
3. Extensor hallucis brevis
4. Extensor hallucis longus
5. Gastrocnemius
6. Peroneus brevis
7. Peroneus longus
8. Peroneus tertius
9. Soleus
10. Tibialis anterior

SHORT ANSWER:
11. How would you manage an acute Achilles tendon strain?
12. How might you relieve a tonic muscle spasm?
13. What serious complication can occur in a lower leg fracture when hemorrhage and swelling are present?
14. The primary muscle support in the region of the tarsometatarsal joint comes from . . .
15. How are Achilles tendon, bursitis, and tendinitis managed?
16. What is the mechanism of injury in peroneal tendon subluxation?
17. Name two causes of chronic medial shin pain.

LISTING: List three characteristic signs of an anterior compartment syndrome.
18.
19.
20.

Name three conditions of the foot that predispose the body to injury.
21.
22.
23.
ESSAY
24-26. Give a brief description of the various methods used to manage an athlete with shin splints.

INJURY ASSESSMENT

27-29. A lacrosse player has come into the training room complaining of extreme pain and weakness in her Achilles tendon, especially when she pushes off to sprint down the field. Your evaluation indicates that there is point tenderness, swelling, erythremia, mild crepitation, and pain on motion. What would you suggest for managing this injury?

30-32. A baseball player slid into third base directly impacting his right foot into the non-yielding base. He heard a snap and is now in extreme pain and unable to move the ankle. How can you evaluate this injury to determine if there is a possible fracture?