

לגעת בכאב pain

החברה הישראלית לרפואת שריר שלד
The Israeli Society of Musculoskeletal Medicine



Lower leg and Foot

- Pain Patterns,
- Clinical Anatomy &
- Dry needling
- Aharon (Roni) Finestone
- Orthopaedics, Assaf HaRofeh MC, Zeriffin, Israel

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The Lower Leg • Pain Patterns, Clinical Anatomy & IMS •

90% of ankle & foot pain
arises in the lower leg

לגעת בכאב Touching the pain

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- 32 year-old female, married with 2 children
- Housewife
- Born in London, lived in Mexico and then California, now living in Israel.



Pain in the Right anterior ankle x 1 week
Worse in the morning upon arising, foot plantar flexion
Exercises 1 hr daily in the gym

?

No ankle findings upon examination

Tenderness over tibialis anterior / EHL.

לגעת בכאב **ה**pain

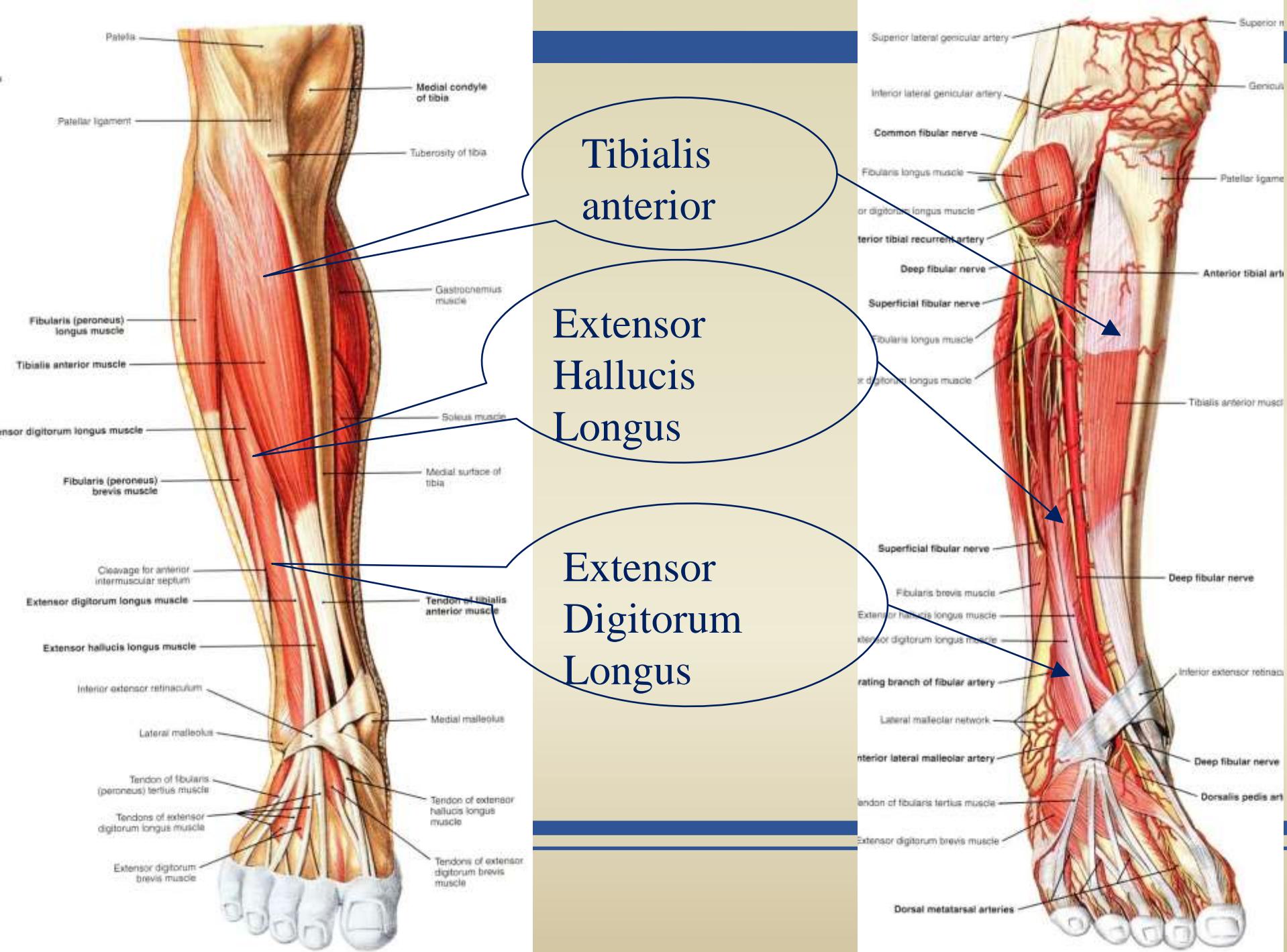
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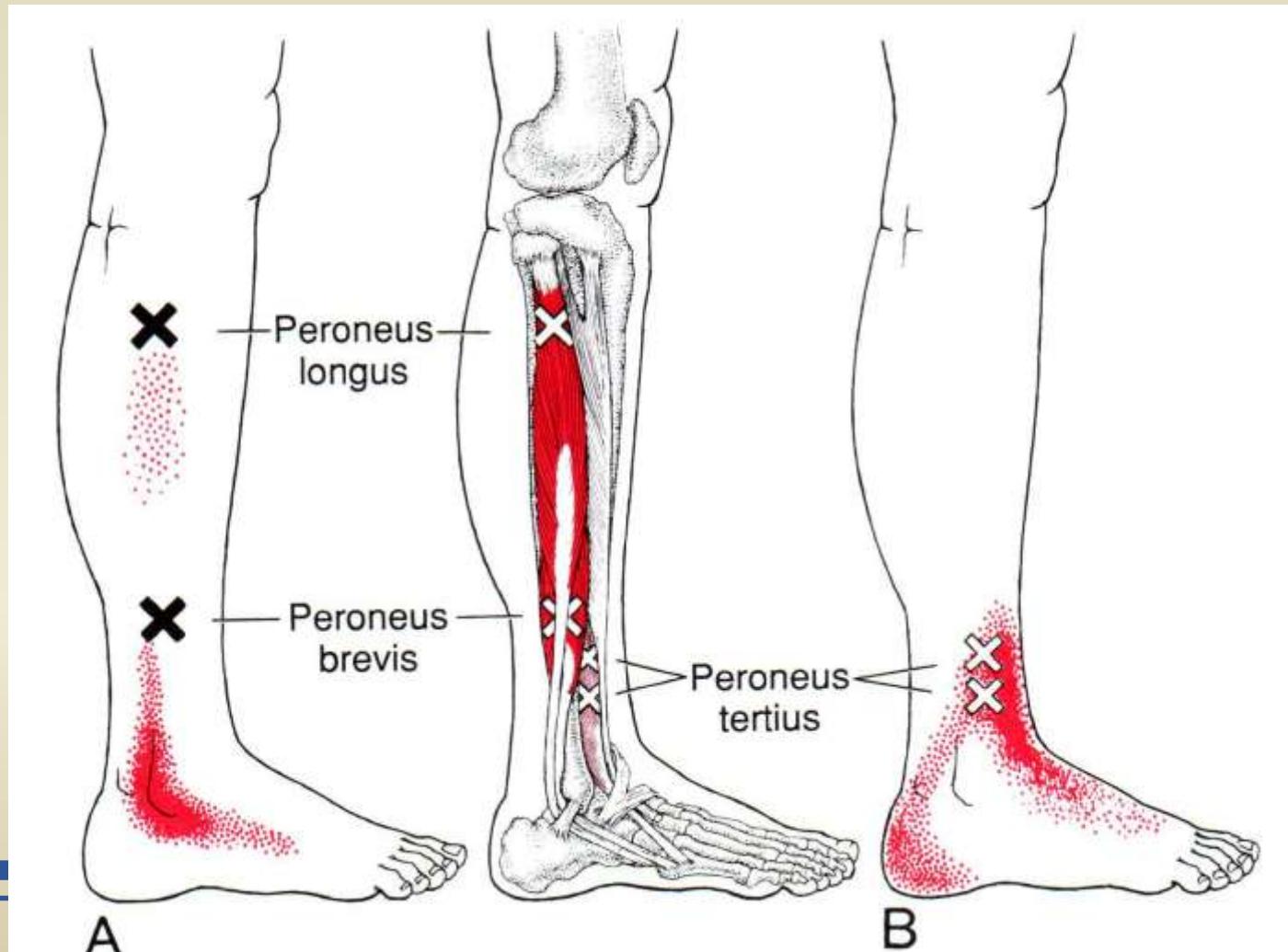




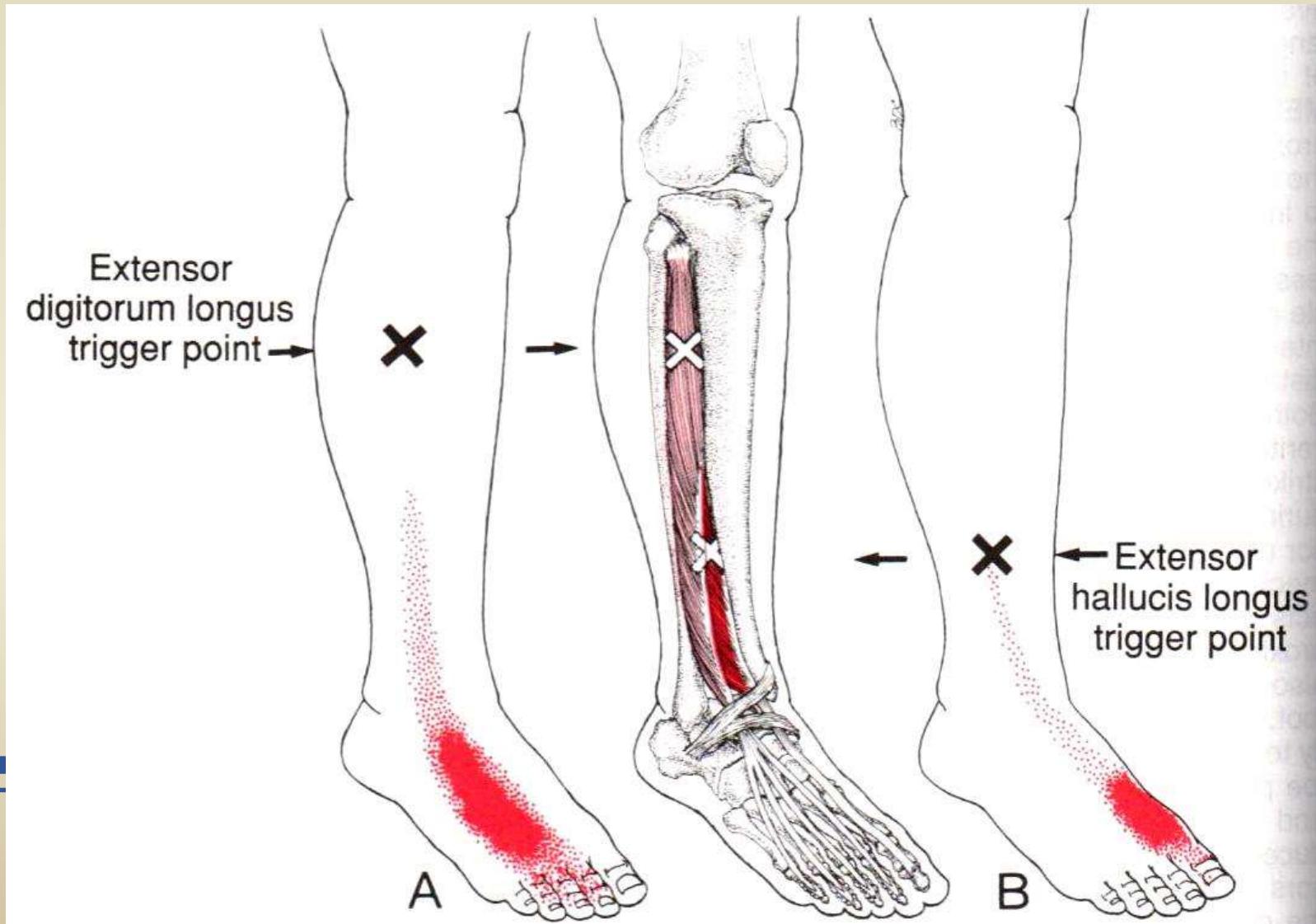
A drop of clear serum after removal of the needle

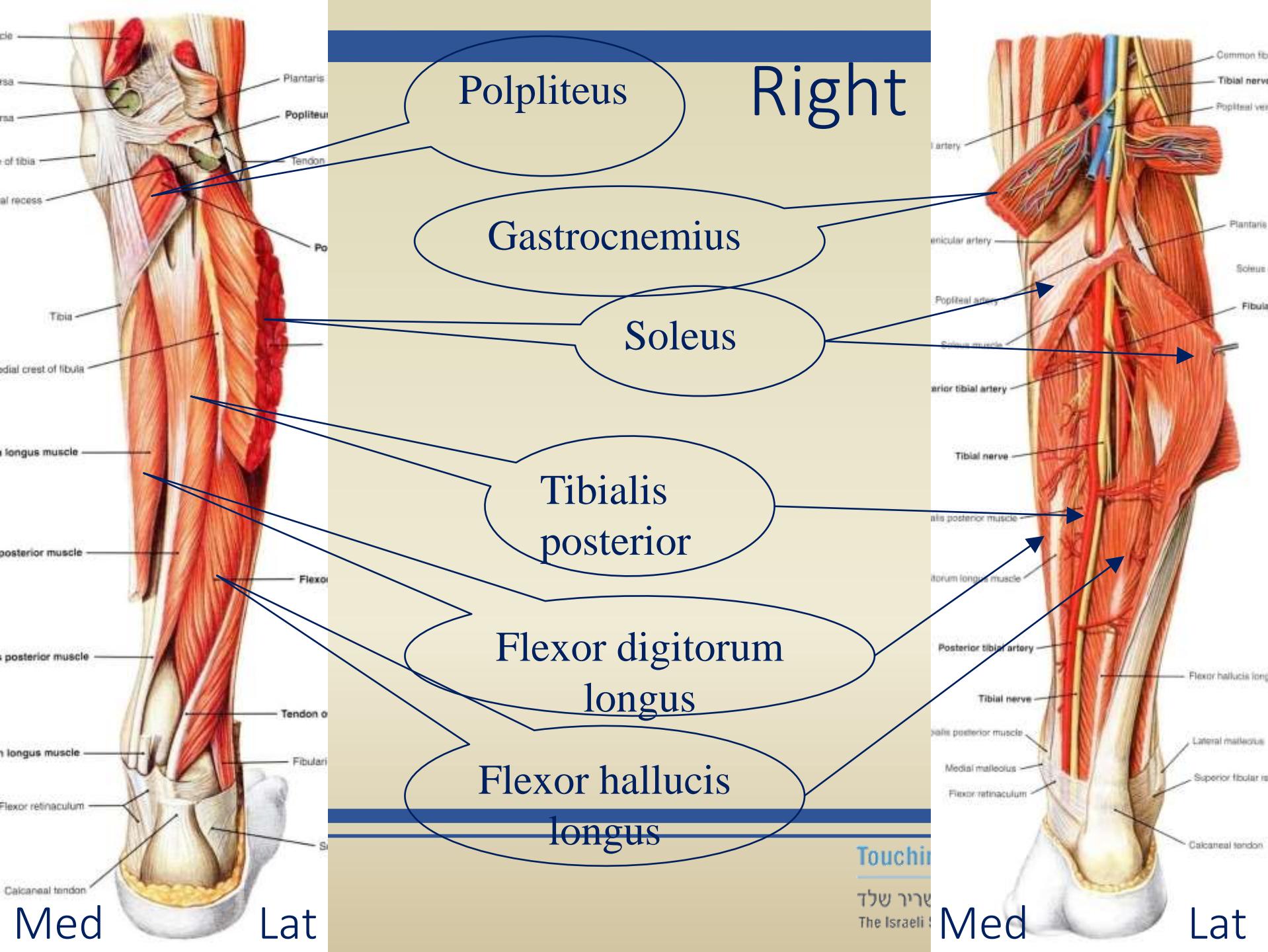


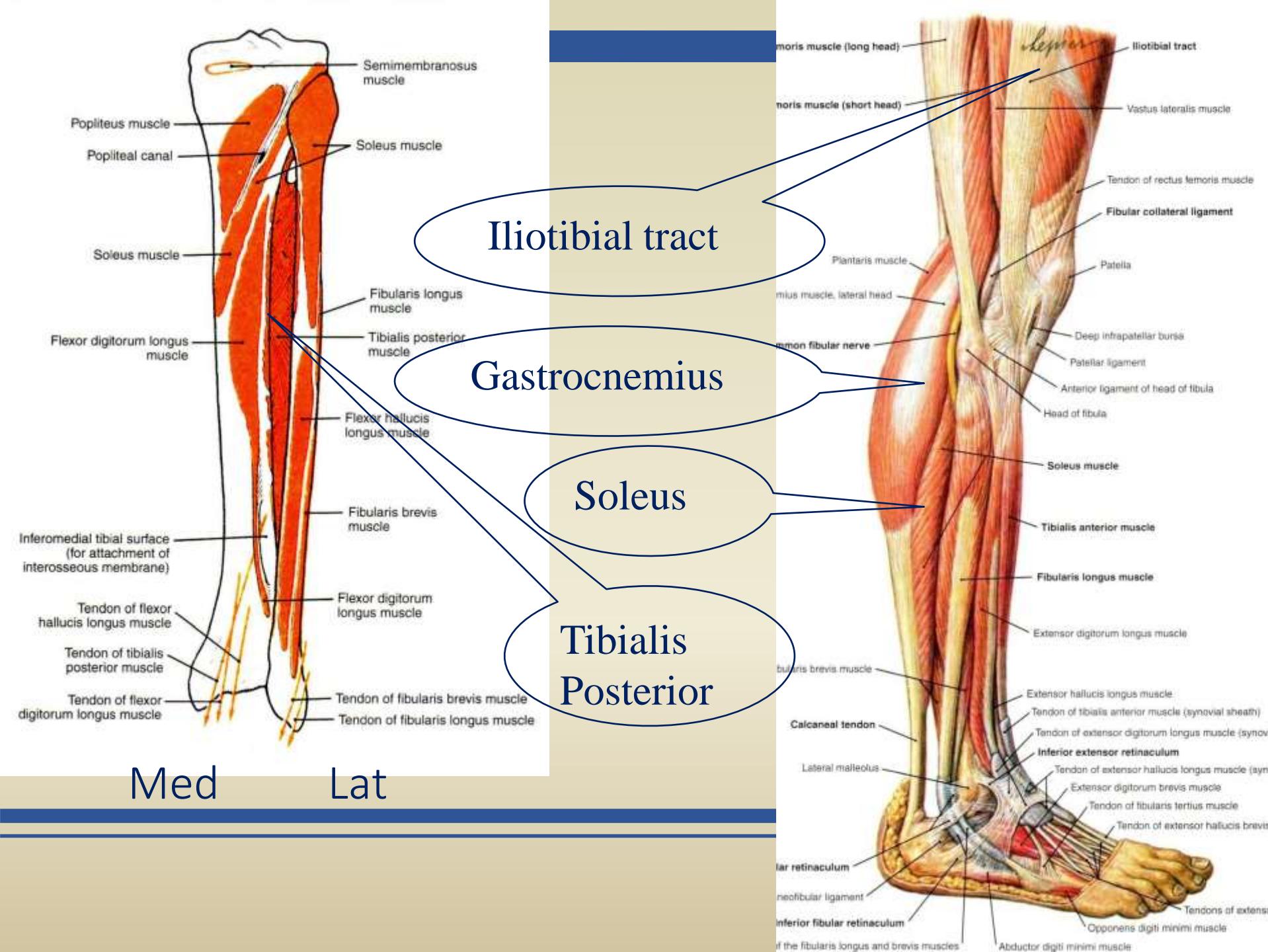
Peroneals



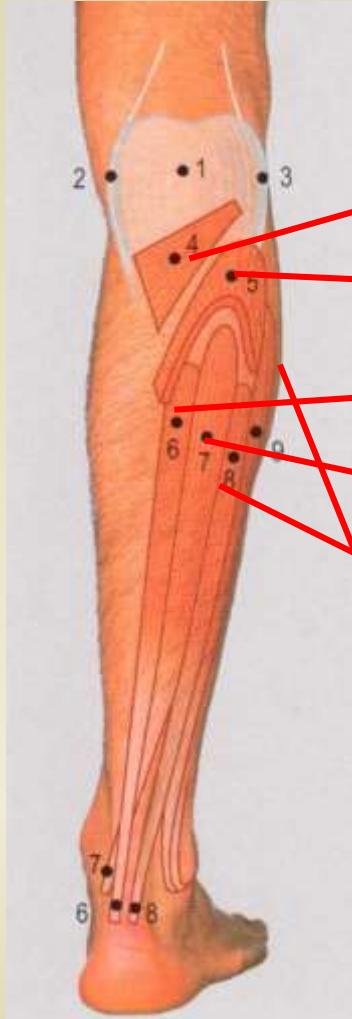
Extensor Digitorum / Hallucis Longus







ייריר ירך חוף



עמוק

Gastrocnemius

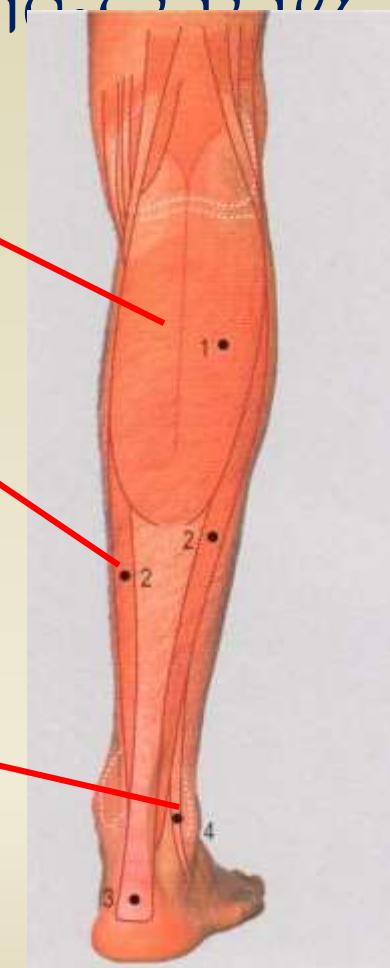
Soleus

Flexor Digitorum Longus

Tibialis Posterior

Flexor Hallucis Longus

Peroneals



שטחי

לגעת בכאב

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Action:

- Soleus:
 - foot plantar flexion
- Gastrocnemius:
 - forward rotation of leg over fixed foot

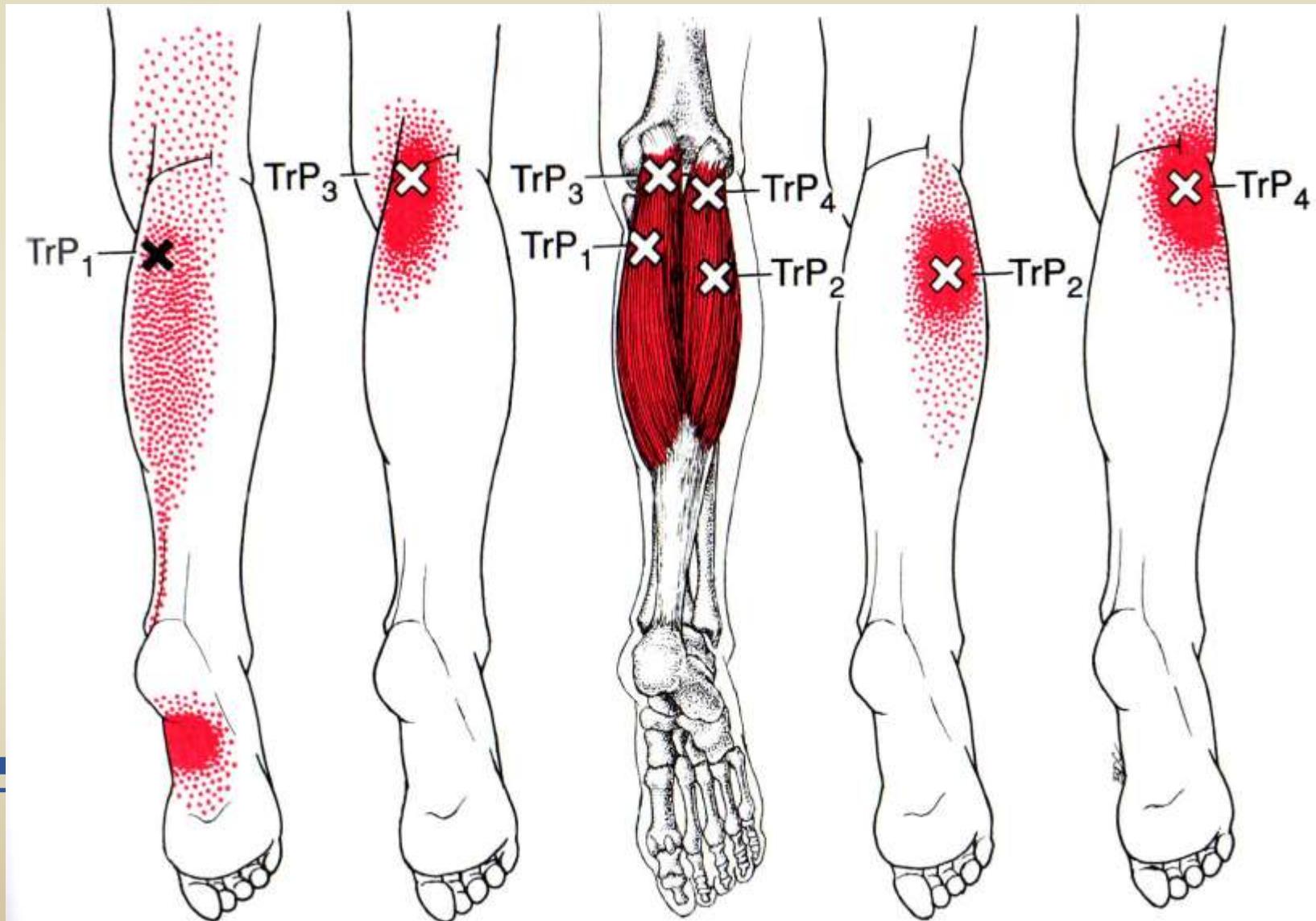
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Pain pattern

Gastrocnemius



Gastrocnemius

“Calf cramp muscle”

- TrP pain in calf and sole of foot
- Aggravated by walking uphill
- Night cramps
- TrP1 is most common (medial) with most extensive radiation
- TrPs are slightly proximal to midlevel of the muscle bellies

Travell & Simons (1993) Vol.2, Ch.21, p.399

לגעת בכאב **הין**

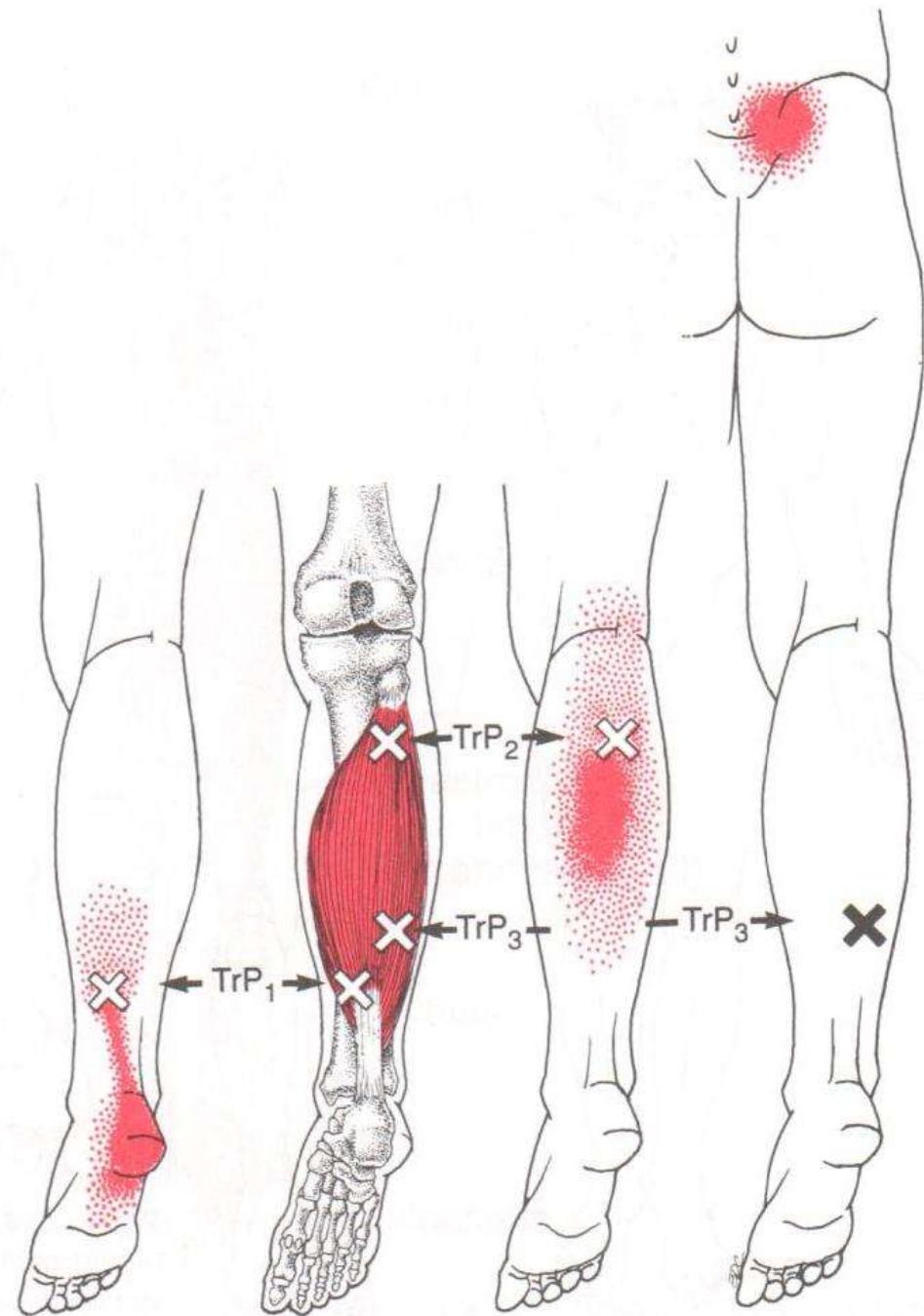
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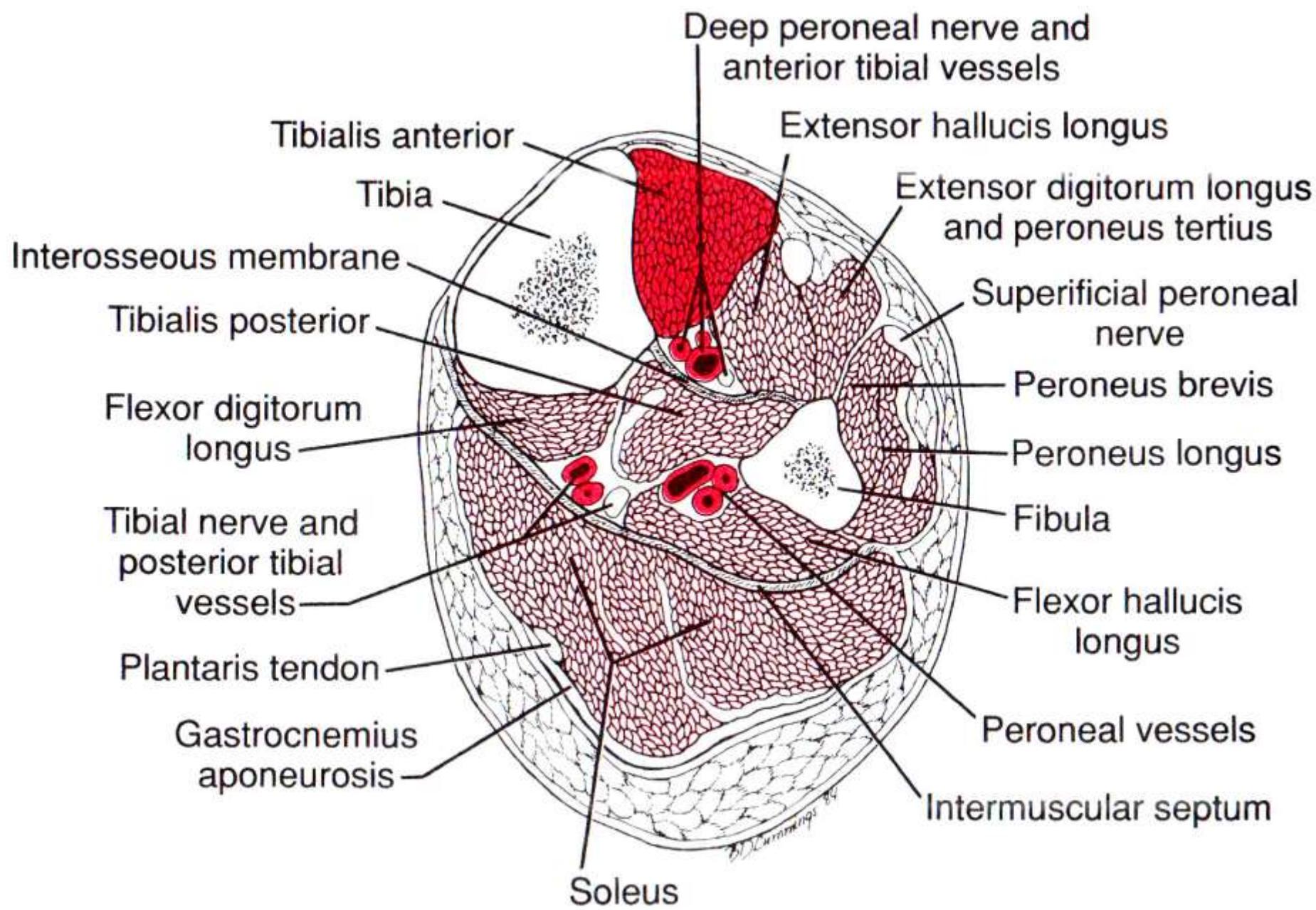


Pain pattern

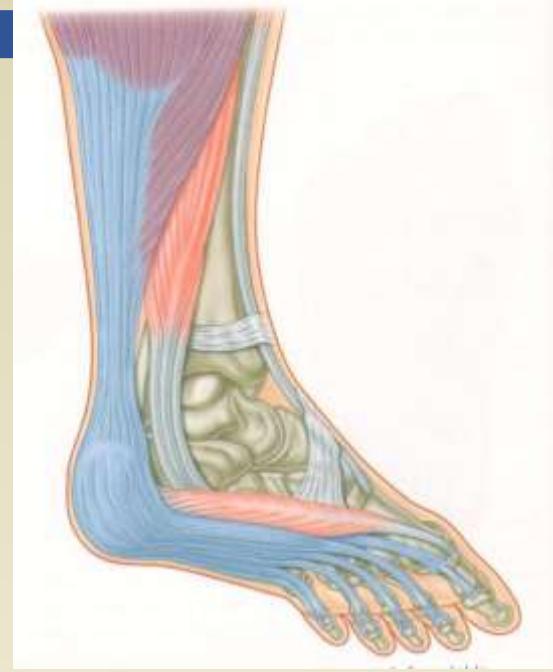
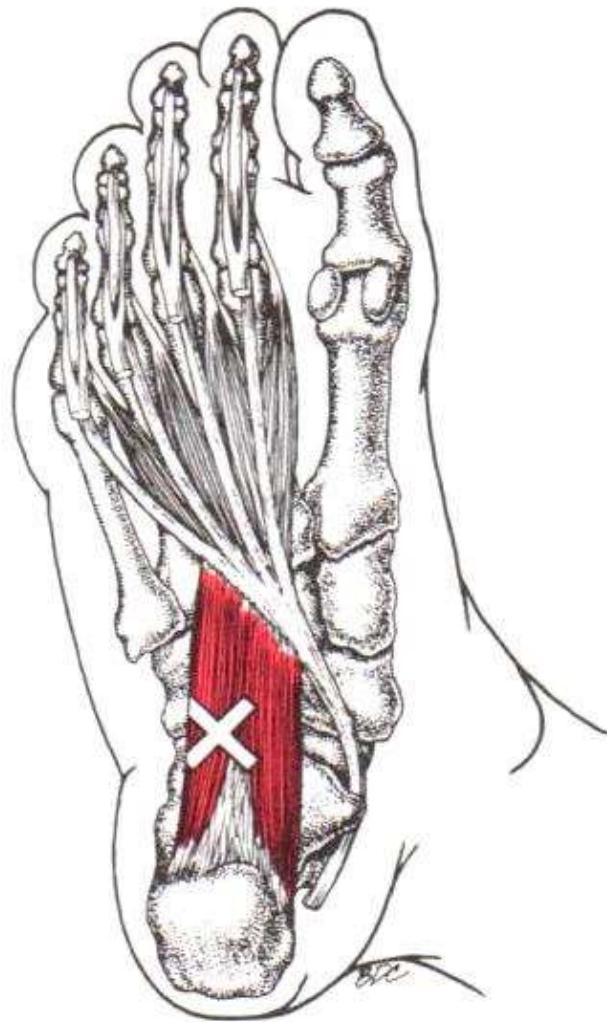
Soleus

“Jogger’s Heel”





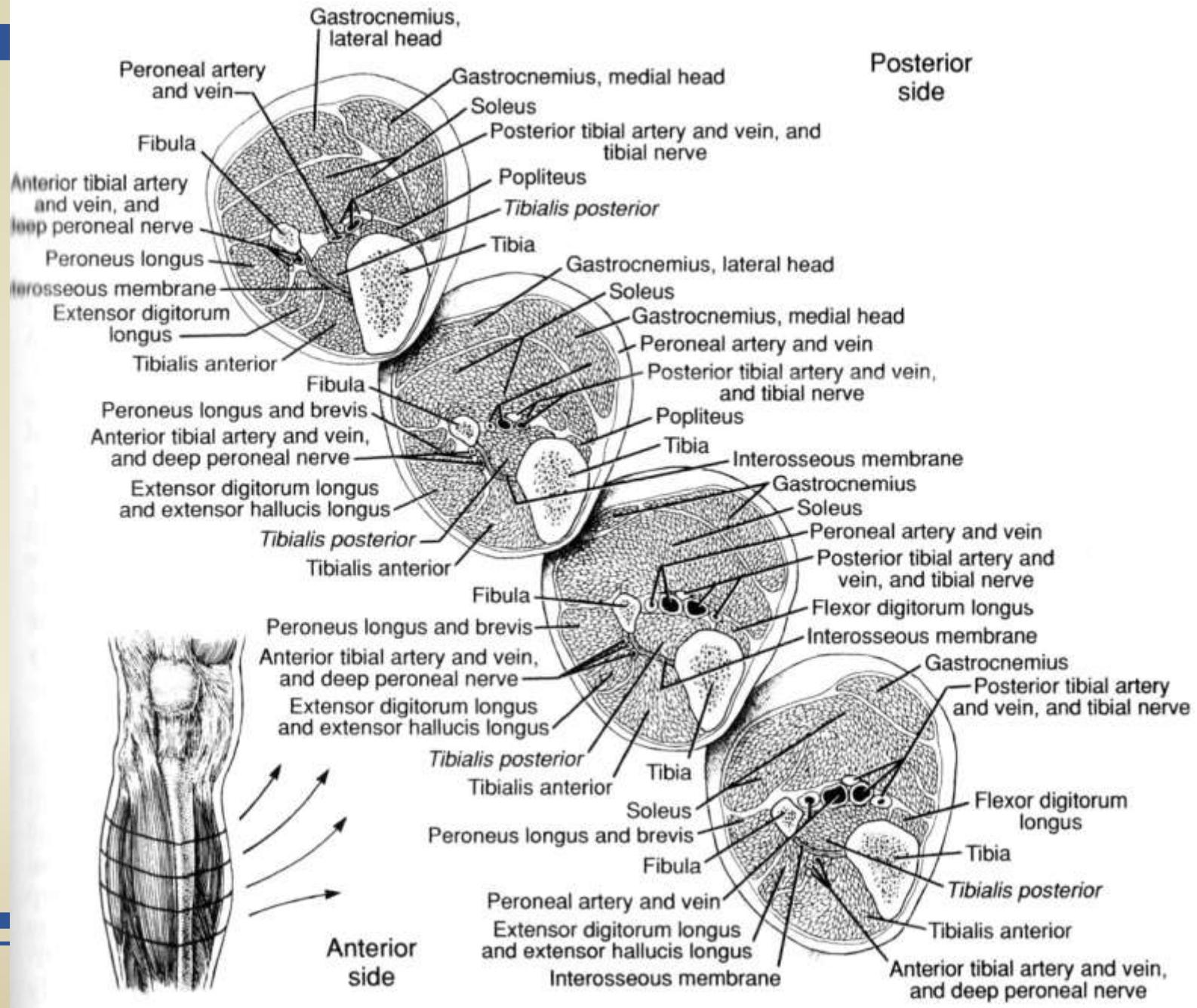
Quadratus plantae



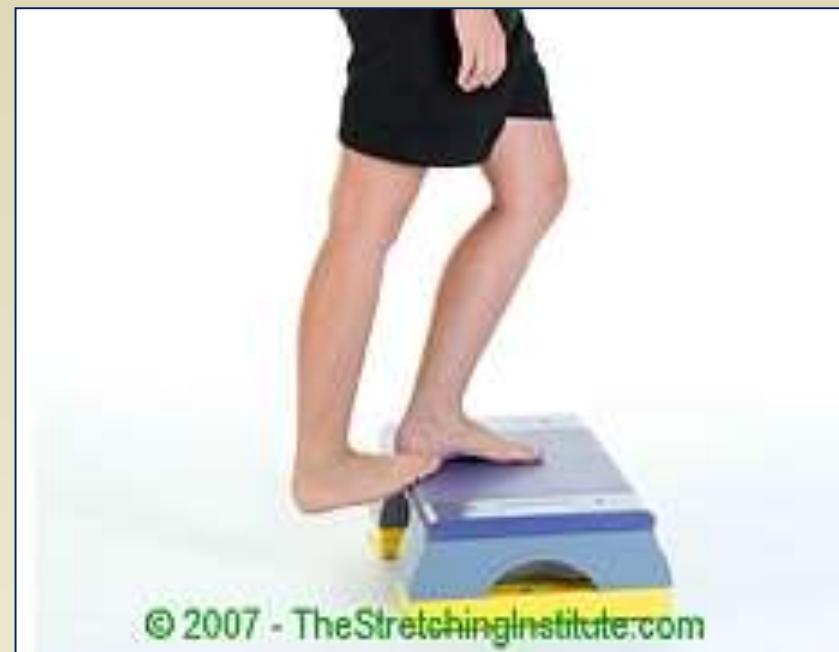
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Stretches



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