

**POSTERIOR ANKLE IMPINGEMENT/  
OS TRIGONUM**  
Non-Operative Protocol

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**Posterior Ankle Impingement.** Posterior ankle impingement is a condition where an individual experiences pain at the back of the ankle, due to compression of the bone or soft tissue structures during activities that involve maximal ankle plantarflexion motion. It is most commonly seen in ballet dancers, soccer players, basketball players, volleyball players, and runners. Impingement of posterior aspect of talus between tibia and calcaneus may cause block to plantarflexion.

**Os Trigonum.** Os (“bone”) trigonum is an anatomic variant in which extra bone is located behind the ankle bone. This bone can become inflamed and rub against some tendons and even cause tendon tears. Accessory bone found just posterior to talus which is usually asymptomatic. Present in 2-14% of normal feet. Patient with painful os trigonum exhibit symptoms of posterior ankle impingement including: pain is worse with passive PF and tenderness to palpation at posterolateral aspect of ankle posterior to peroneal tendons

**Phase I: Acute Stage****Weeks 0-2**

Modalities such as phonophoresis, cold whirlpool, ice, e-stim

- Soft tissue work/myofascial release to gastric-soleus complex and plantar fascia
- Mobilization to talus, calcaneus, midtarsal joint, and tibiofibular joints (calcaneal and talus distractions)
- Flexibility exercises to gastric-soleus complex in subtalar joint neutral
- Strengthening: inversion/eversion, PF/DF, hip external rotators
- Closed kinetic chain (CKC) exercises (leg press, wall slides, multi-hip, intrinsics)
- Proprioceptive exercises (BAPs, single leg stance [eyes open/closed], proper foot placements, mini-tramp)

**Phase II: Subacute Stage****Weeks 2-4**

- Continuation of modalities, soft-tissue work, and mobilizations
- Continuation of flexibility, strengthening, stabilization, proprioception, and aerobic exercises

**Phase III: Return to Function****Weeks 4-6**

- Jumping progression
- Progressive return to activities

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[www.meganwolfmd.com](http://www.meganwolfmd.com)

**Orthopaedics and Sports Medicine-Stratford**  
1901 Mooney St.  
Winston-Salem, NC 27103  
Phone: 336-716-8091  
Fax: 336-903-7841

**Orthopaedics – West Park**  
1917 West Park Dr.  
N. Wilkesboro, NC 28659  
Phone: 336-903-7845  
Fax: 336-713-3244

**Medical Plaza Miller**  
131 Miller St.  
Winston-Salem, NC 27103  
Phone: 336-716-8200  
Fax: 336-716-9841