

## Fracture of the Talus



### Overview

This condition occurs when the talus, a bone that connects the foot and ankle, develops a fracture from a severe impact or fall. The talus is an important bone of the foot, as it aids in walking on uneven ground and in weight transfer across the ankle joint.

### Causes

The most common cause of talus fractures is severe trauma to the foot, often from a motor vehicle accident or a fall. Talus fractures can also develop from sports that require footwear without proper ankle support, such as ice skating and snowboarding.

### Symptoms

Common symptoms of a talus fracture are pain when walking, tenderness on the top of the foot or front of the ankle, weakness of the foot, and swelling. A severe fracture may break through the skin.

### Treatment

Treatment options include use of a cast, splint or brace, rest, and crutches. In cases where the bones of the foot and ankle have moved out of alignment, surgery may be required.