

Osteochondral Lesion of the Talus



Overview

This is an injury of the protective cartilage on the top of the talus (the ankle bone). You'll find this cartilage where the talus touches the tibia and fibula (the bones of the lower leg). An osteochondral lesion can be a painful problem.

Causes

How does this injury happen? We don't always know why. In some cases, it's caused by a bad ankle sprain. It can also be caused by the repetitive strain of running or jumping. It happens when the top of the talus hits hard against the tibia or fibula. The cartilage is torn or crushed between these bones. And, your talus can fracture.

Symptoms

Symptoms depend on how badly the cartilage is injured. You may have pain, swelling and tenderness. Your ankle may feel weak. You may not be able to move it through its full range of motion. And it may pop or lock when you move it.

Treatment

Some lesions can be treated with rest and a brace or cast. But if these aren't helpful, you may need surgery. Your healthcare provider will create a plan that's right for you.

