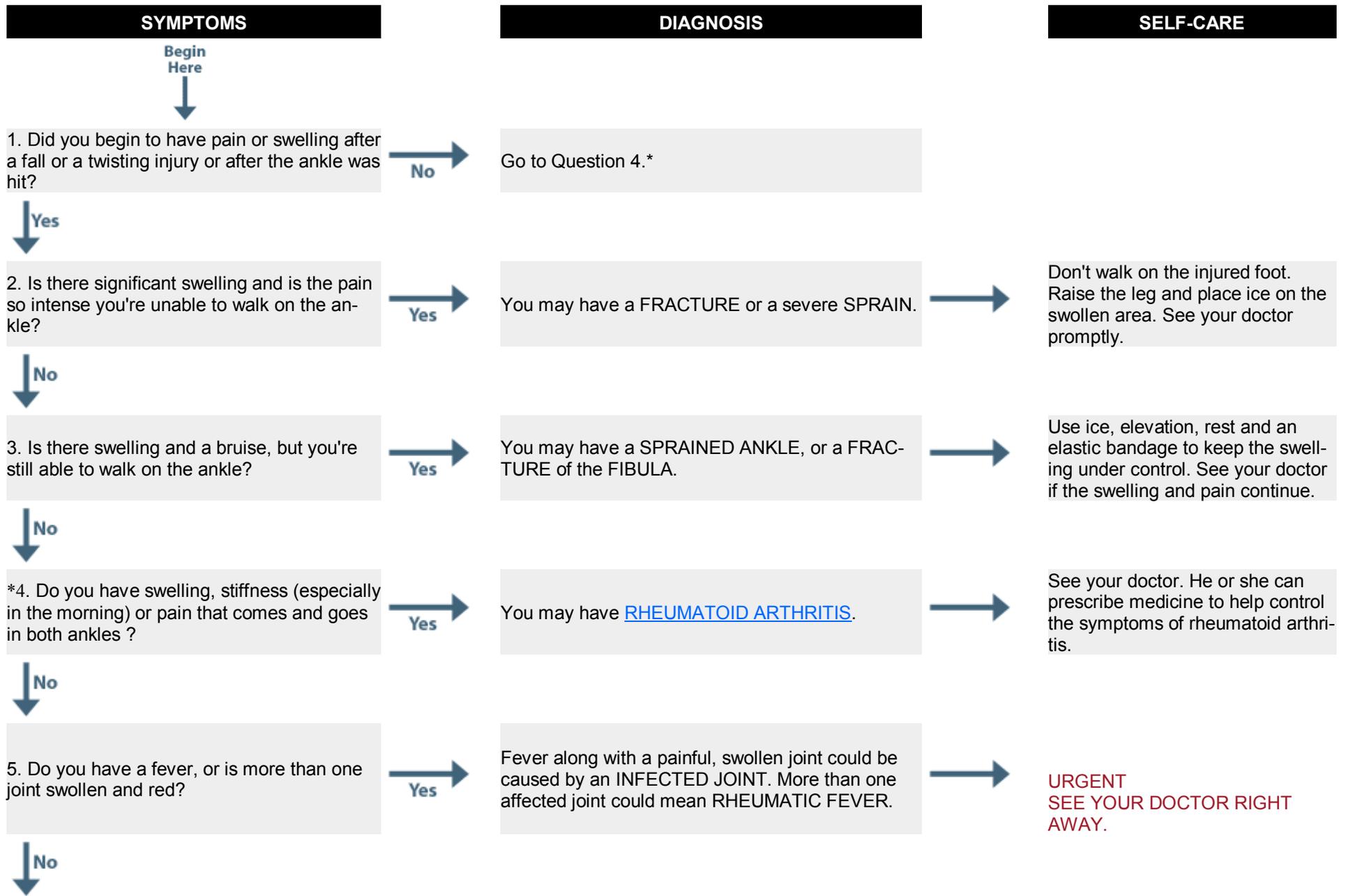


Ankle Problems

Follow this chart for more information about problems that can cause ankle pain.



6. Did the pain come on suddenly, or does clothing or bedding that rubs against the joint cause pain?

Yes →

You may have [GOUT](#) (inflammation caused by high uric acid level in the blood).



See your doctor. During a gout attack, you should rest in bed. You can put a hot pad or an ice pack on your ankle to ease the pain.

↓ No

7. Do you usually feel pain before or during a change in the weather, or are you experiencing swelling, stiffness and pain that gets worse during or after use of your ankle?

Yes →

These symptoms could be caused by [OSTEOARTHRITIS](#), also called [DEGENERATIVE JOINT DISEASE](#), or by previous trauma to the ankle.



See your doctor. Use heat and an anti-inflammatory medicine to relieve discomfort.

↓ No

For more information, please talk to your doctor. If you think your problem is serious, call right away.

This tool has been reviewed by doctors and is for general educational purposes only. It is not a substitute for medical advice. The information in this tool should not be relied upon to make decisions about your health. Always consult your family doctor with questions about your individual condition(s) and/or circumstances. Source: American Academy of Family Physicians. Family Health & Medical Guide. Dallas: Word Publishing; 1996.