Unraveling the Mystery of Ankle Pain #3:
Posterior and Retinaculum Ligament Sprains

Instructor: Ben Benjamin, Ph.D.
Webinar Goals

- Explore the Assessment and Treatment of Posterior and Retinaculum Ankle Ligament Sprains

Logistics

- Time: 60 minutes
- Schedule:
  - Presentation 30-40 minutes
  - Questions 15–20 minutes
- Ongoing questions: Use Question box.
  If I don't get to your question, ask me on my Dr Ben Benjamin Facebook page after the webinar.
- Get a pen and paper please

Pretest

1. Pain behind the ankle on the posterior lateral aspect indicates a: a.) calcaneofibular ligament injury, b.) tibialis tendon or tibialis posterior tendon injury, c.) posterior talofibular ligament injury, or d.) tibialis posterior tendon injury
2. The posterior talofibular ligament: a.) doesn't have an effective assessment test, b.) never gets injured, c.) doesn't connect any bones, or d.) is connected to the anterior talofibular ligament
3. Posterior ligament sprains are: a.) the least common of the lateral ligament sprains, b.) the most common of the lateral ligament sprains, c.) more common than calcaneofibular ligament sprains, or d.) easy to detect
4. The cruciate crural ligament or retinaculum holds: a.) the nerves of the foot in place, b.) the flexor hallucis in place, c.) many of the extensor tendons of the foot in place, or d.) the ankle joint in place
5. How many cruciate crural ligaments are there? a.) Five, b.) Three, c.) Two, or d.) Six
6. The retinaculum is often injured along with: a.) a deltoid ligament, b.) a cuboid ligament, c.) a medial ankle sprain or with falling, or d.) a lateral ankle sprain or with something heavy dropped on the foot
Anatomy

The Posterior Talofibular Ligaments

The Primary Ankle Ligaments
Assessment
Posterior Talofibular Ligament

Assessment History and Tests for the Posterior Talofibular Ligament

1. Posterior Palpation in Dorsiflexion
2. Passive dorsiflexion
3. Passive plantarflexion
4. Heat test
5. Heel raises

Finding the Posterior Talofibular Ligament
Posterior Palpation in Dorsiflexion

Passive Dorsiflexion

Passive Plantar Flexion
Assessment Tests
Extensor Retinaculum/Cruciate Crural Ligament

Four Toe Resisted Extension

Four Toe Resisted Extension with Palpation
Posterior Talofibular Ligament Sprain

Positive Tests

**MI:** Posterior Palpation in Dorsiflexion

**AUX:** Passive Dorsiflexion of the ankle is painful and often limited

**AUX:** Passive Plantarflexion of the ankle is painful and often limited

**AUX:** Heat Test is positive. The injured ankle is often hot or at least warmer than the other one
Persistent Swelling

What to watch out for confusion
Friction Therapy

Posterior Talofibular Ligament Friction

Friction Therapy

Friction Therapy of Crucial Crural Ligament

Extensor Retinaculum Ligament Friction

Myofascial Therapy
Questions

Facebook.com/DrBenBenjamin

Post-test

1. Pain behind the ankle on the posterior lateral aspect indicates a: a.) calcaneofibular ligament injury, b.) fibularis tendon or tibialis posterior injury, c.) posterior talofibular ligament injury, or d.) tibialis posterior tendon injury

2. The posterior talofibular ligament: a.) doesn’t have an effective assessment test, b.) never gets injured, c.) doesn’t connect any bones, or d.) is connected to the anterior talofibular ligament

3. Posterior ligament sprains are: a.) the least common of the lateral ligament sprains, b.) the most common of the lateral ligament sprains, c.) more common than calcaneofibular ligament sprains, or d.) easy to detect

4. The cruciate crural ligament or retinaculum holds: a.) the nerves of the foot in place, b.) the flexor hallucis in place, c.) many of the extensor tendons of the foot in place, or d.) the ankle joint in place

5. How many cruciate crural ligaments are there? a.) Five, b.) Three, c.) Two, or d.) Six

6. The retinaculum is often injured along with: a.) a deltoid ligament, b.) a cuboid ligament, c.) a medial ankle sprain or with falling, or d.) a lateral ankle sprain or with something heavy dropped on the foot