

# Lateral Malleolus Fracture - An Educational Guide



A fracture is one of the most debilitating orthopedic injuries and it could affect any bone in the body. Now, when a break at the outside part of the ankle is there, the condition is known as lateral malleolus fracture and this is what our topic of discussion here will be. The fibula forms the lateral malleolus, one of two long bones present in the lower leg. There could be multiple reasons for the fracture to this bone, and it could occur in youngsters as well as adults.

Sometimes the fractures occurring in the lateral malleolus could be severe and may require the application of [Orthopaedic Trauma Implants](#) but, in most cases, such fractures are reported to be stable. Lateral malleolus fractures are also known to be the common type of fractures occurring in the ankle joint.

## **Symptoms Associated with Lateral Malleolus Fractures**

Fractures are always associated with pain along with swelling and inflammation in certain cases but, the location of the injury may show some symptoms that may not be noticed in other fractures. Some of the most seen symptoms associated with the condition may include:

Pain at the fracture site and other areas of the foot (indicate towards more serious injury)

Pain and swelling on the inner side of the ankle (bimalleolar equivalent fracture)

Sometimes bruising may also be seen in the injured ankle

## **Causes of Lateral malleolus Fractures**

Maximum orthopedic injuries have multiple causes, and similar is the case with lateral malleolus fracture. A break on the outside of the ankle joint could occur due to sudden twisting of the ankle, traumatic injuries, a fall, or a direct blow to the ankle with a solid object.

## **Diagnosis of Lateral Malleolus Fractures**

Diagnosis is often started with the physical examination where the injured area is examined by the healthcare service provider. According to several studies, lateral malleolus fractures are not known to be severe in many cases but still, the healthcare service provider always looks for signs that may indicate the severity of the condition. If the fracture is unstable, that will indicate a serious condition. But, the point of relief here is that in most cases, lateral malleolus fractures are stable, and hence, there is no need to be worried about.

In certain cases, X-rays may be done to differentiate whether the fracture is stable or unstable, and this is helpful in making the right diagnosis.

## **Treatment of Lateral Malleolus Fractures**

The treatment of the condition will depend upon the diagnosis that shows the severity of the condition. Surgery is not required in most cases of such fractures as they can be treated with non-surgical treatment. This is also the first treatment method preferred by the surgeon even if the condition is a bit serious. Non-surgical treatment methods may include:

- Ice application

- Elevating the ankle to limit the swelling

- Consumption of prescribed anti-inflammatory drugs to curb inflammation

- Proper rest and immobilization of the fractured ankle

The healthcare service provider may also recommend the use of walking boots or casts, ankle braces, and air casts.

Surgery will only be recommended when all the above-mentioned methods fail to relieve associated symptoms, especially in severe cases.

For the content source, contact Siora Surgicals Pvt. Ltd., one of the oldest orthopedic device manufacturers in India. The company has over 30 years of experience and is also known to export its CE-certified product range to many global clients. Not only in India but Siora is also known as a reliable [Orthopedic Supplier Malaysia](#).

### **Contact Information:**

**Siora Surgicals Pvt. Ltd.**

**Address:** WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

**Mobile:** +(91)-9810021264

**Email:** [online@siora.net](mailto:online@siora.net)

**Source:**

[https://zlidein.com/read-blog/30985\\_lateral-malleolus-fracture-a-educational-guide.html](https://zlidein.com/read-blog/30985_lateral-malleolus-fracture-a-educational-guide.html)