

# Ankle and Leg Injuries

<http://www.webmd.com/fitness-exercise/ankle-injuries-causes-and-treatments>

This website just goes over what causes an ankle injury.

<http://www.apma.org/Learn/FootHealth.cfm?ItemNumber=982>

This website explains the causes of different ankle injuries. It also tells about diagnosis and treatment.

[http://well.blogs.nytimes.com/2013/07/22/after-a-sprain-dont-just-walk-it-off/?\\_r=0](http://well.blogs.nytimes.com/2013/07/22/after-a-sprain-dont-just-walk-it-off/?_r=0)

This website explains how to deal with a sprained ankle, it describes RICE, Rest Ice Compression Elevation.

<http://my.clevelandclinic.org/orthopaedics-rheumatology/diseases-conditions/ankle-injuries.aspx>

This website shows us some statistics of ankle injuries and how to prevent/treat them.

[http://www.ucsfhealth.org/education/treating\\_ankle\\_injuries/](http://www.ucsfhealth.org/education/treating_ankle_injuries/)

This website goes over ankle treatment options.

<http://www.cigna.com/healthwellness/hw/medical-topics/leg-injuries-letin>

This website explains different types of leg injuries and symptoms of a leg injury.

[http://espn.go.com/mlb/story/\\_/id/9714213/manny-machado-baltimore-orioles-leaves-game-grue-some-leg-injury](http://espn.go.com/mlb/story/_/id/9714213/manny-machado-baltimore-orioles-leaves-game-grue-some-leg-injury)

This website gives us an example of a leg injury. Manny Machado hurt his leg while sliding into 1st base.

[http://www.rushortho.com/ot\\_leg.cfm](http://www.rushortho.com/ot_leg.cfm)

This website goes over the symptoms and treatment of 2 leg injuries, Thighbone and shinebone

<http://uconnsportsmed.uhc.edu/injury/lowerleg/>

This website goes over different lower injuries.

<http://www.sportsinjuryclinic.net/sport-injuries/ankle-achilles-shin-pain>

This website goes over different ankle injuries, as well as muscle injuries in the legs.