

Sports Injuries: It Started as a Love Letter to the NHL . . .

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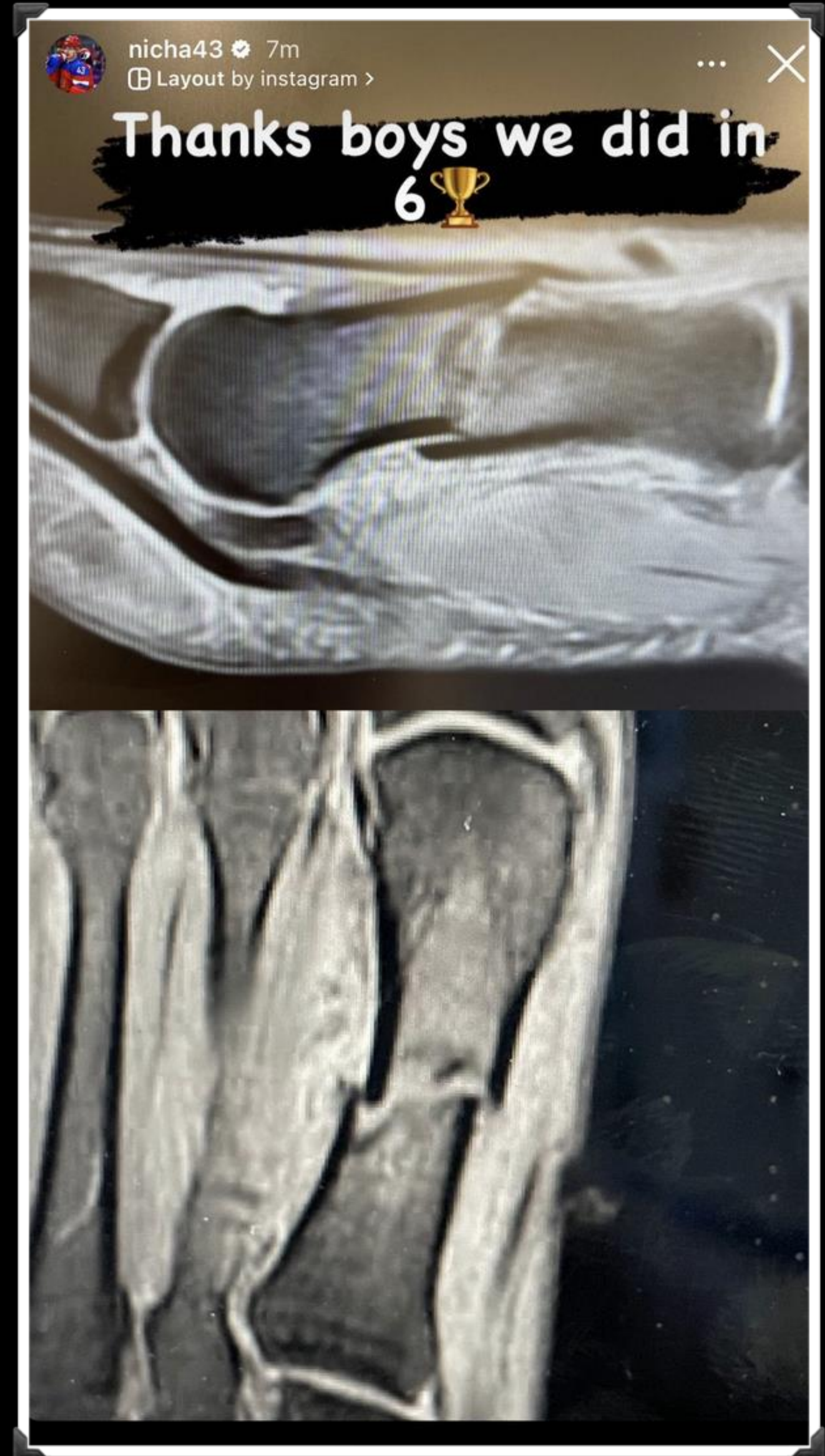
. . .and turned into a poem about
the foot and the knee

I have no conflicts of interest



What you can play through

Valeri Nichushkin



Metatarsal Fx

- 1st metatarsal
- 5th metatarsal
- Lisfranc Joint

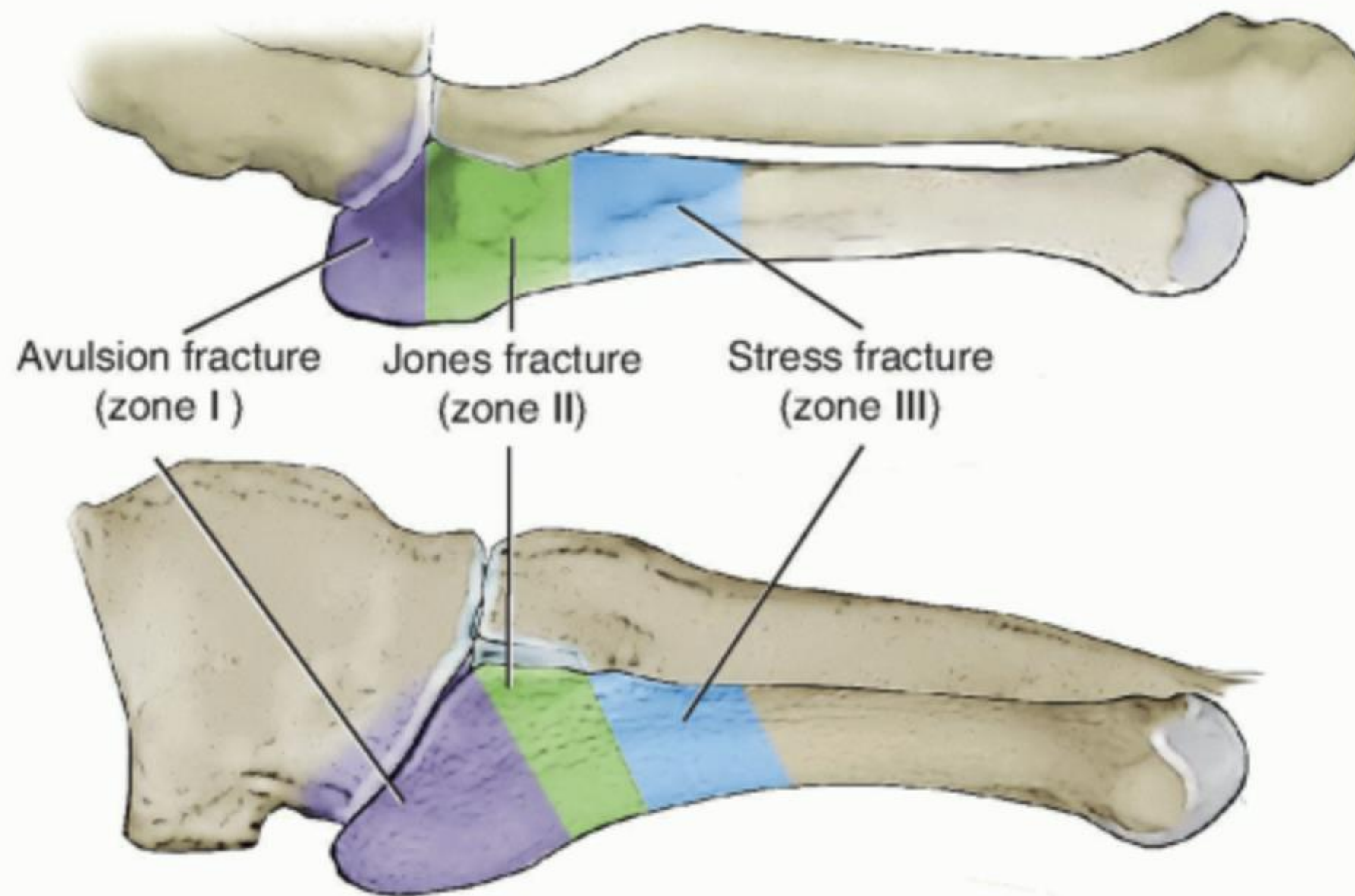
1st Metatarsal Fracture

1st Metatarsal Fracture



5th Metatarsal Fracture

3











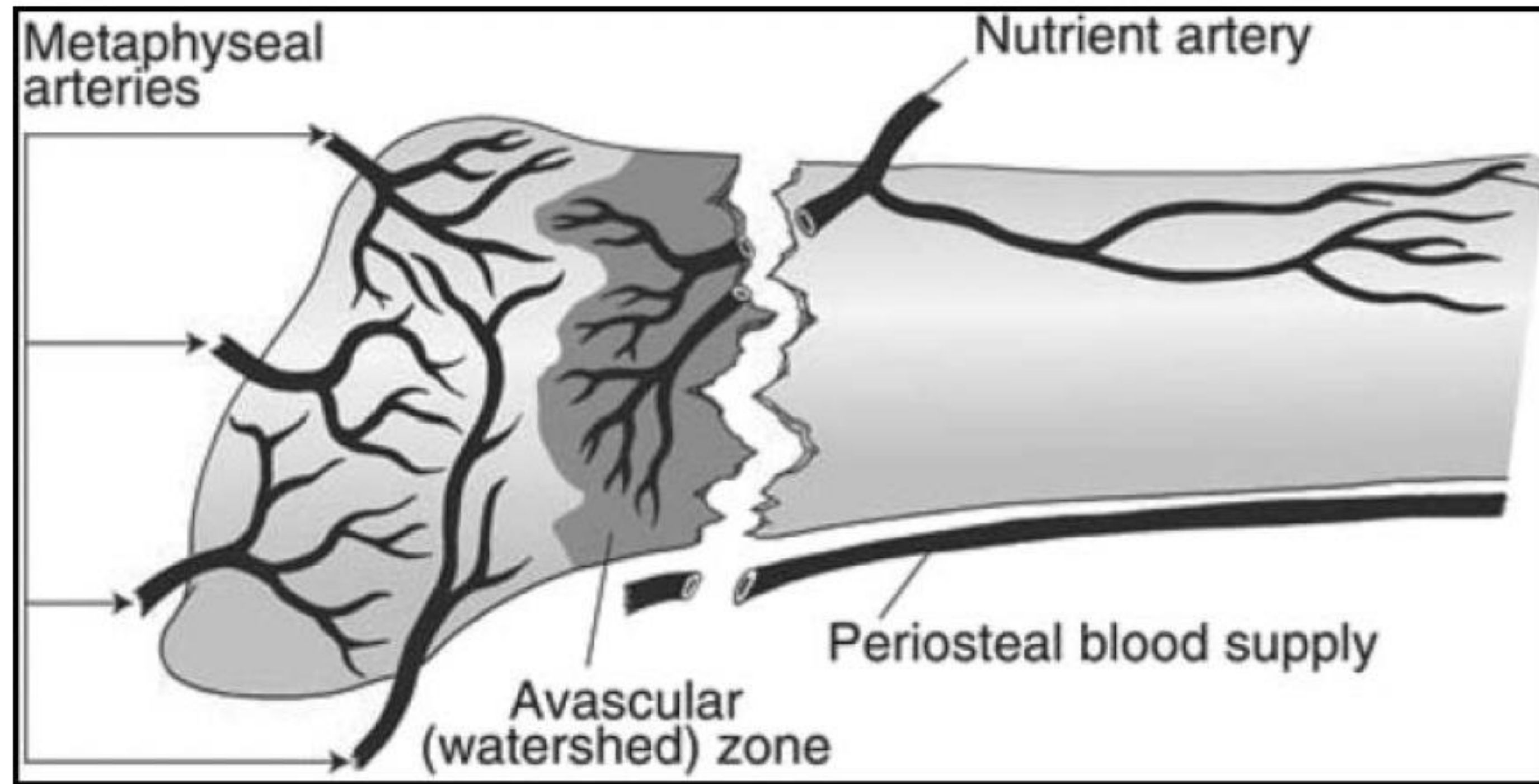


Diagram showing blood supply of the fifth metatarsal adapted with permission from Den Hartog BD, Fracture of the Proximal Fifth Metatarsal. *J Am Acad Orthop Surg* 2009; 17: 458-464.





STRESS



Lisfranc injury

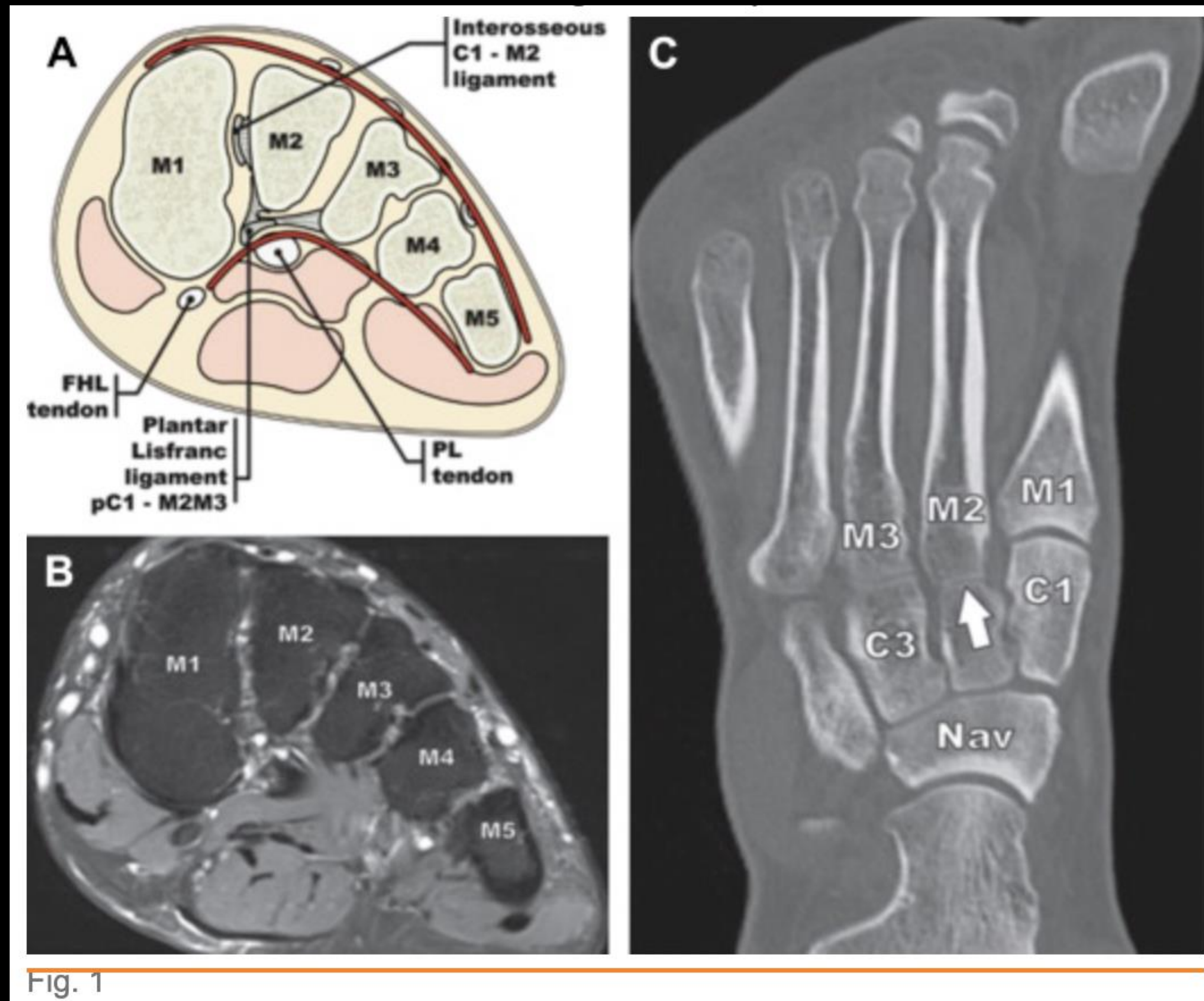
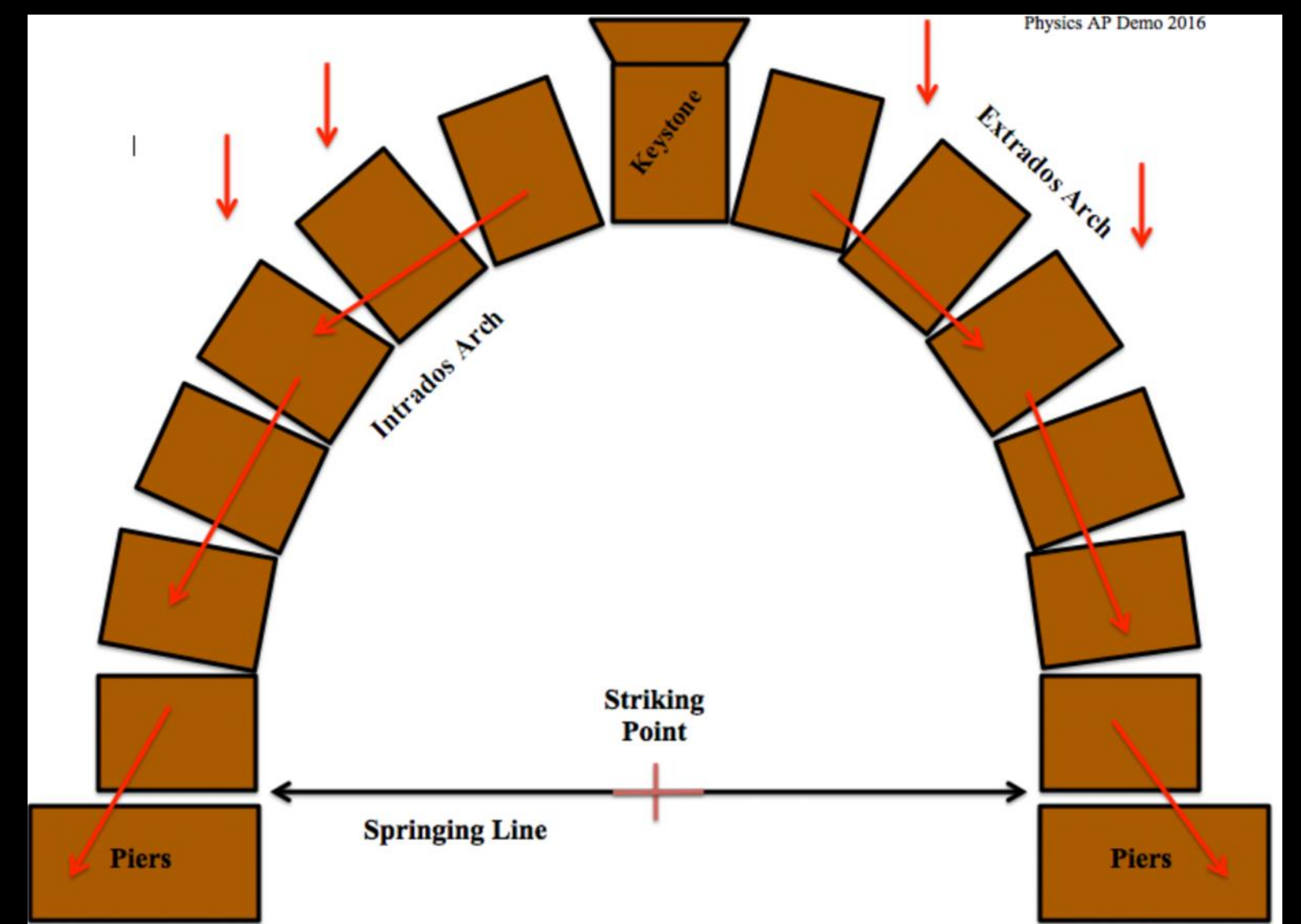
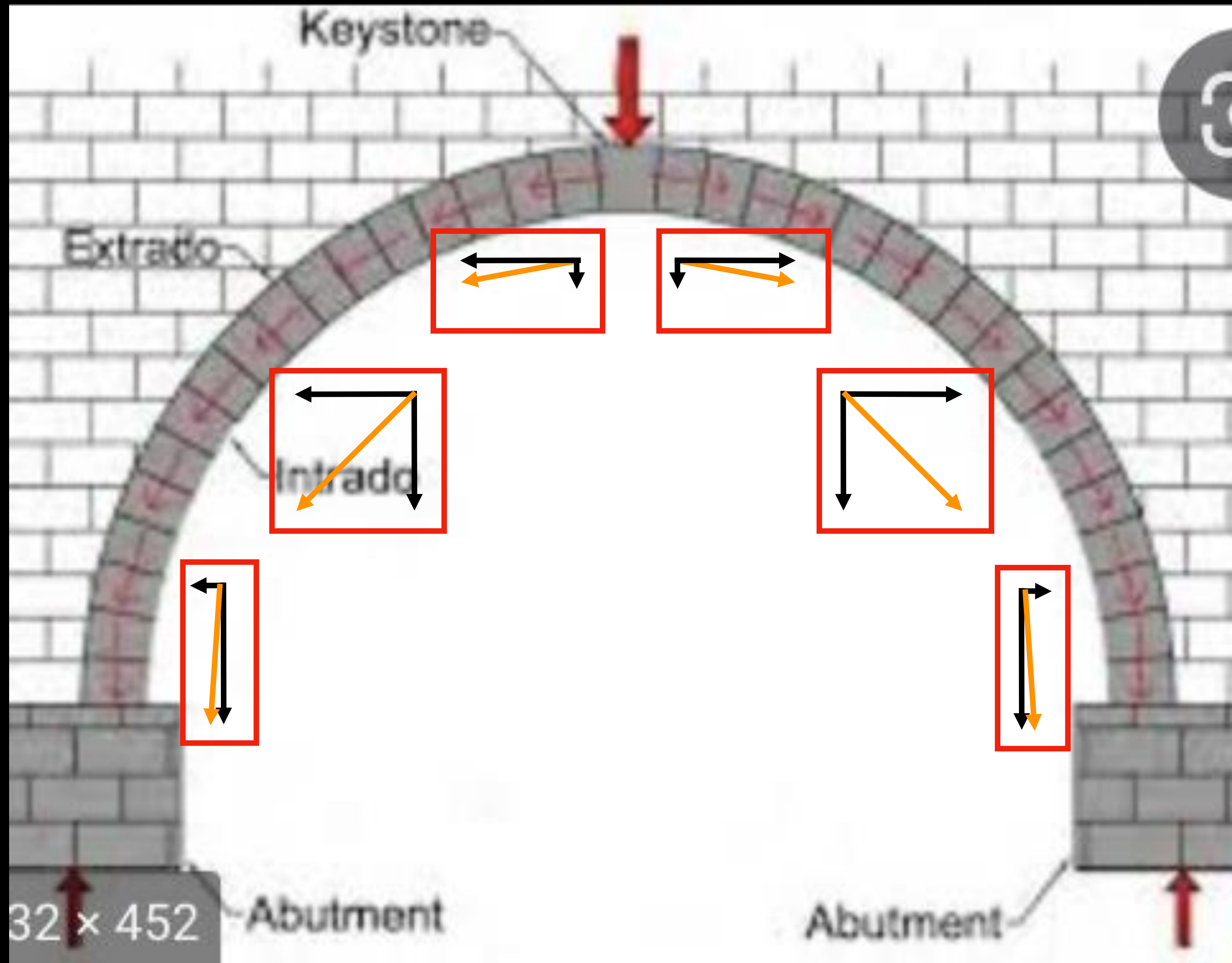


Fig. 1





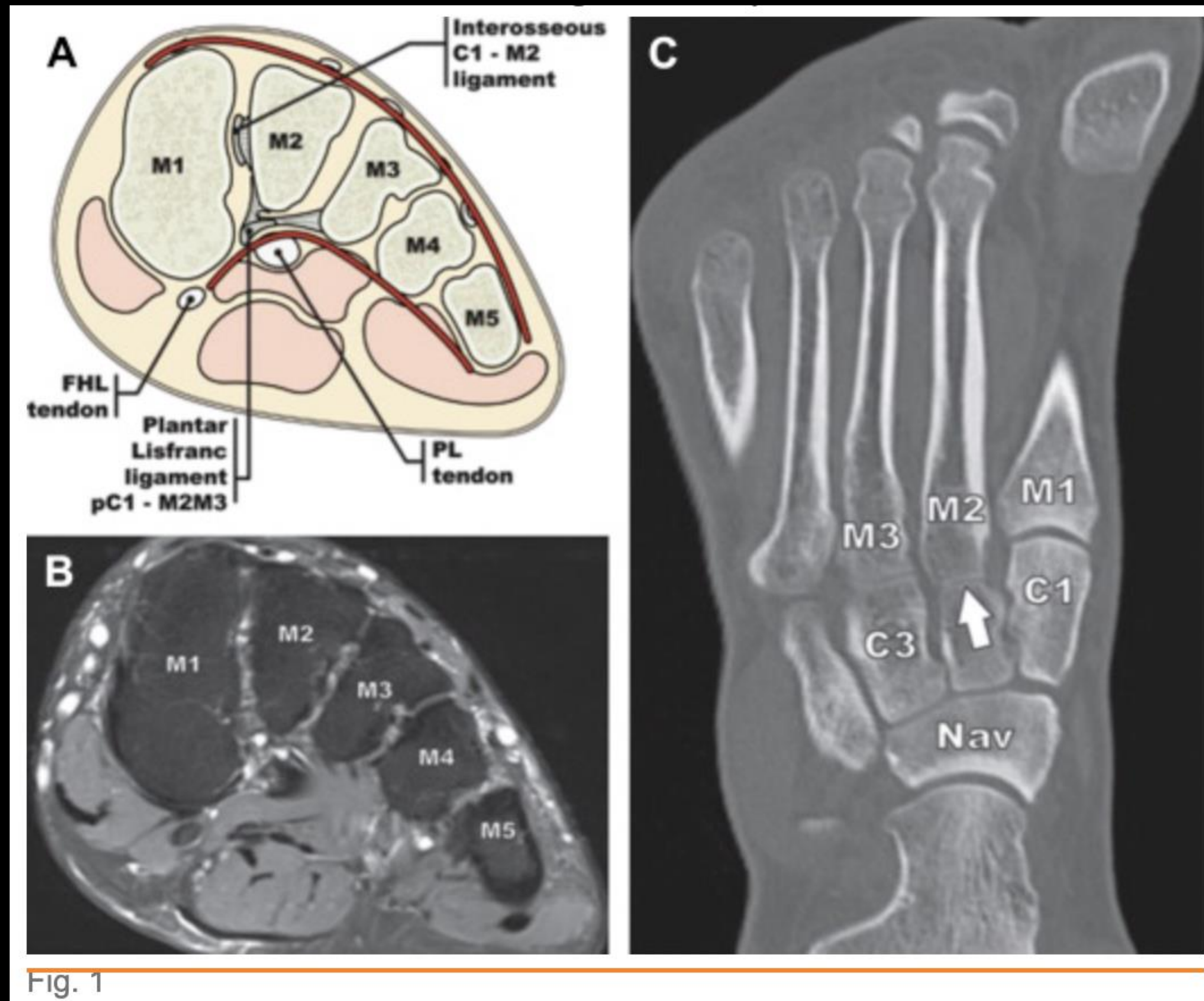


Fig. 1

MOI & Exam







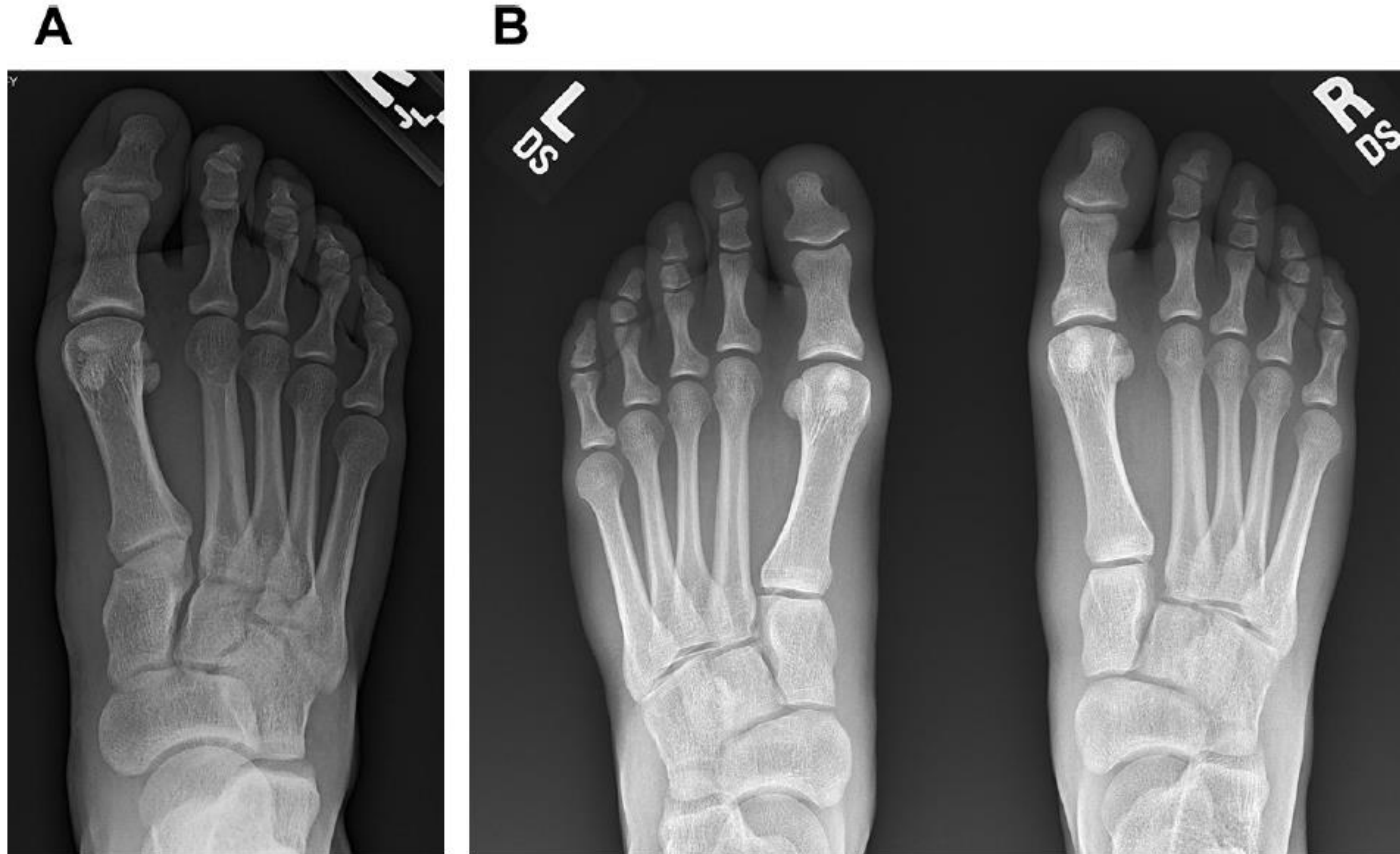
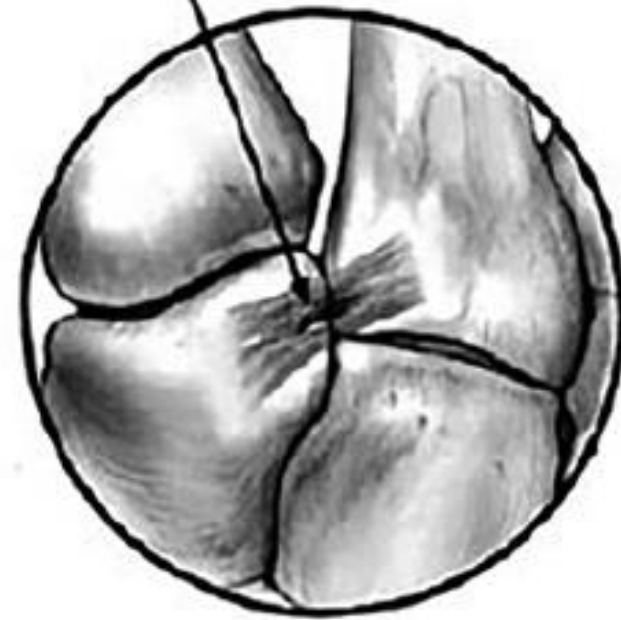


Fig. 2. (A, B) When an initial radiograph is inconclusive (A), a comparison weight-bearing radiograph of the contralateral foot (B) is frequently helpful to identify subtle widening at the Lisfranc joint in the injured foot.

Stage I

Lisfranc ligament
sprain



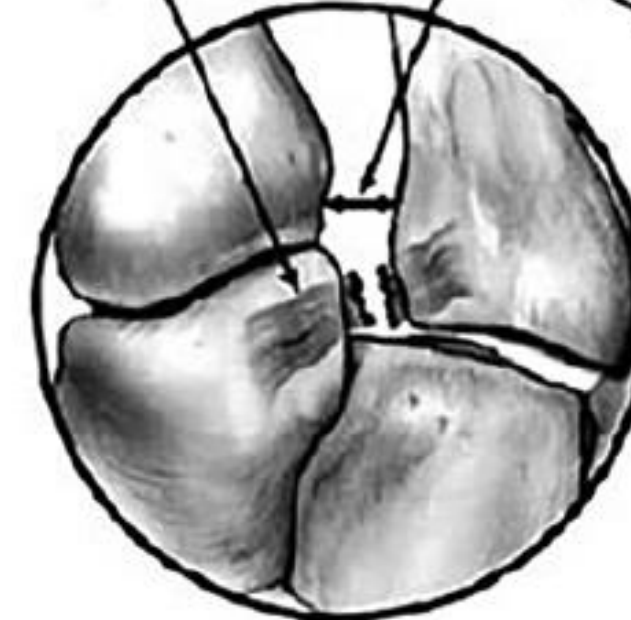
No diastasis



Stage II

Ruptured Lisfranc
ligament

2–5 mm
diastasis



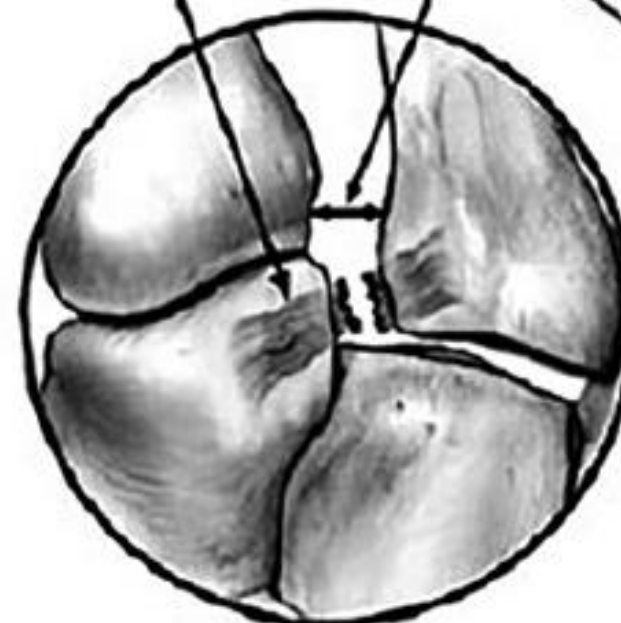
Diastasis, no arch
height loss



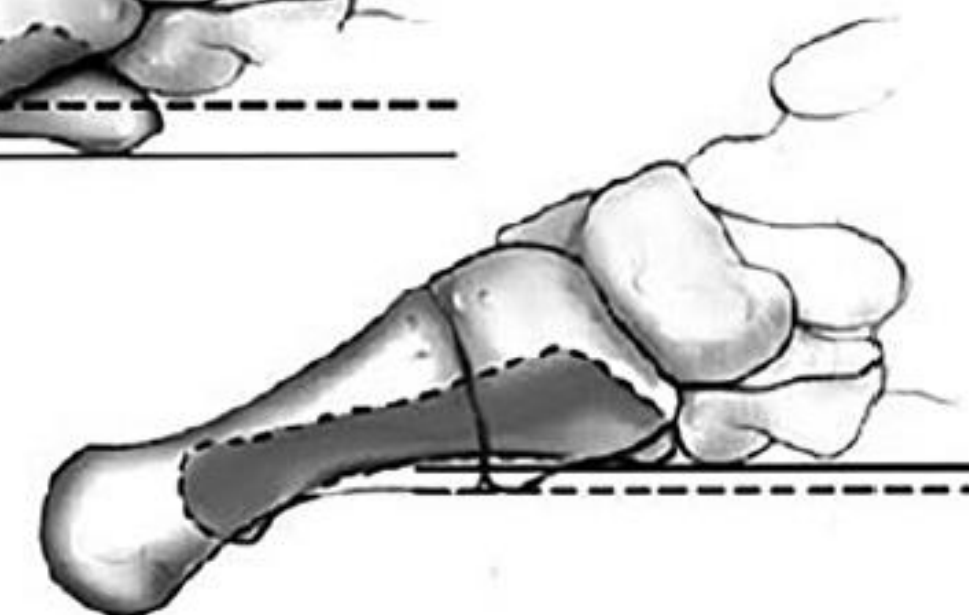
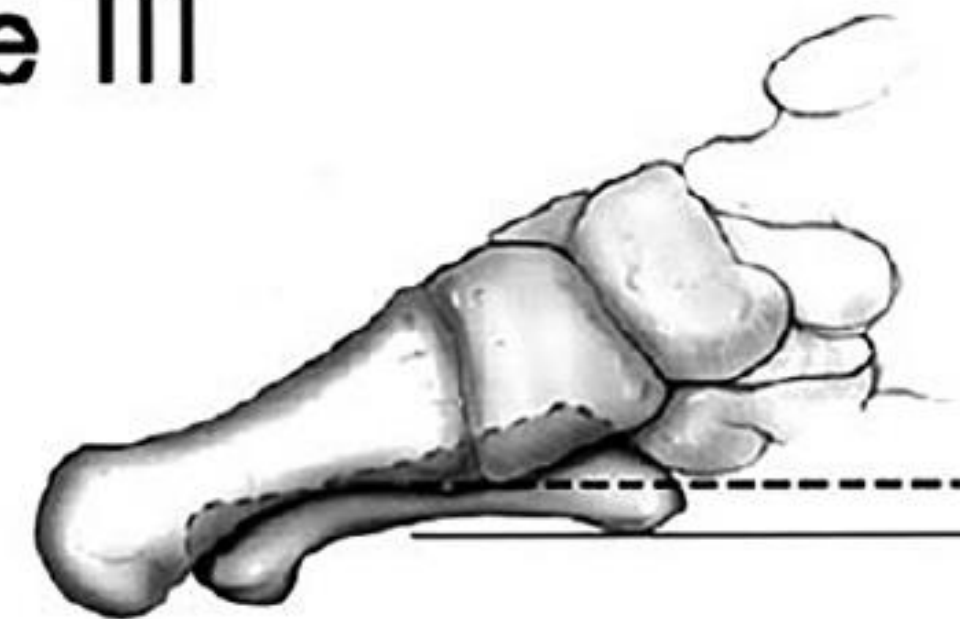
Stage III

Ruptured Lisfranc
ligament

2–5 mm
diastasis

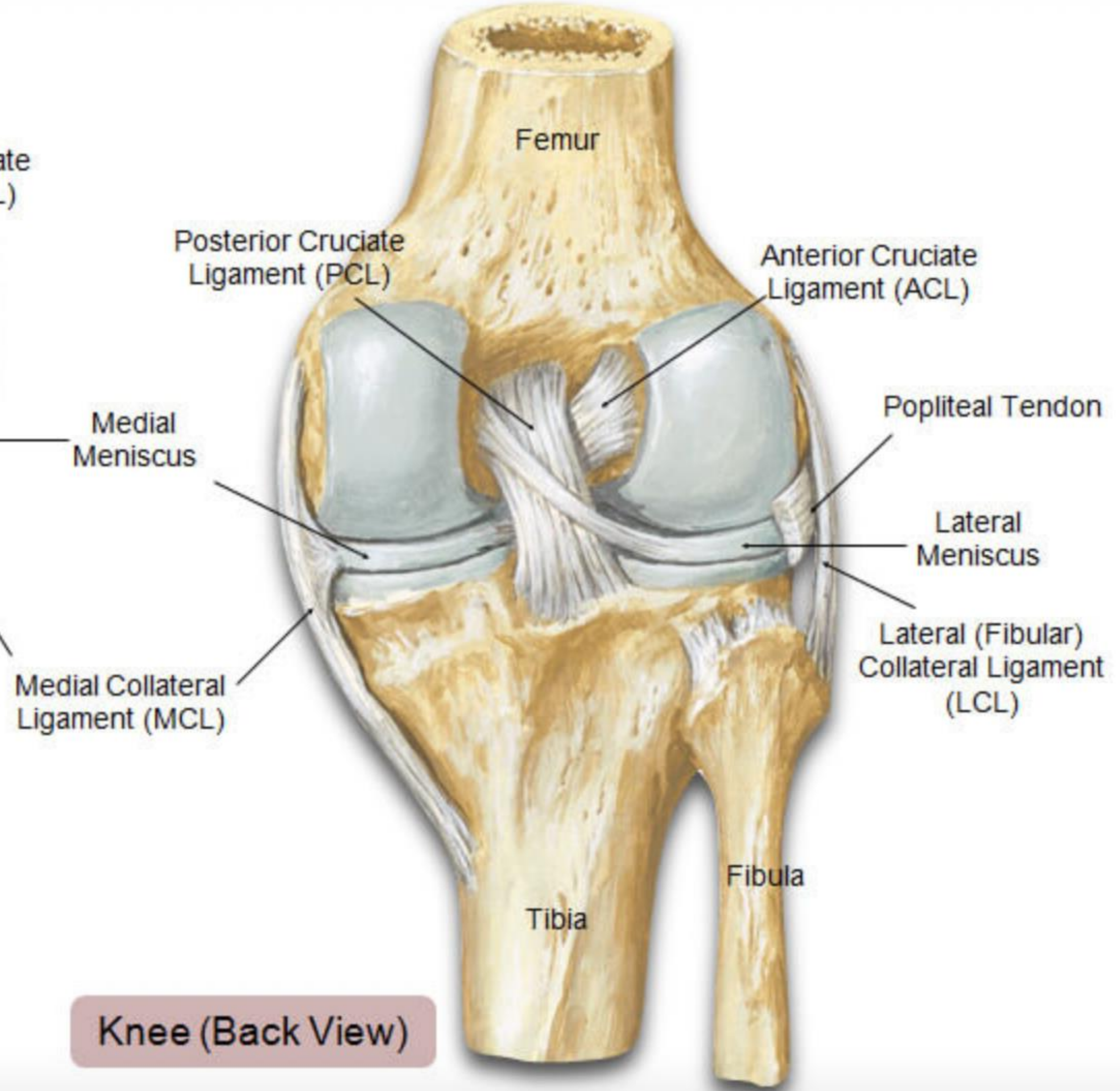
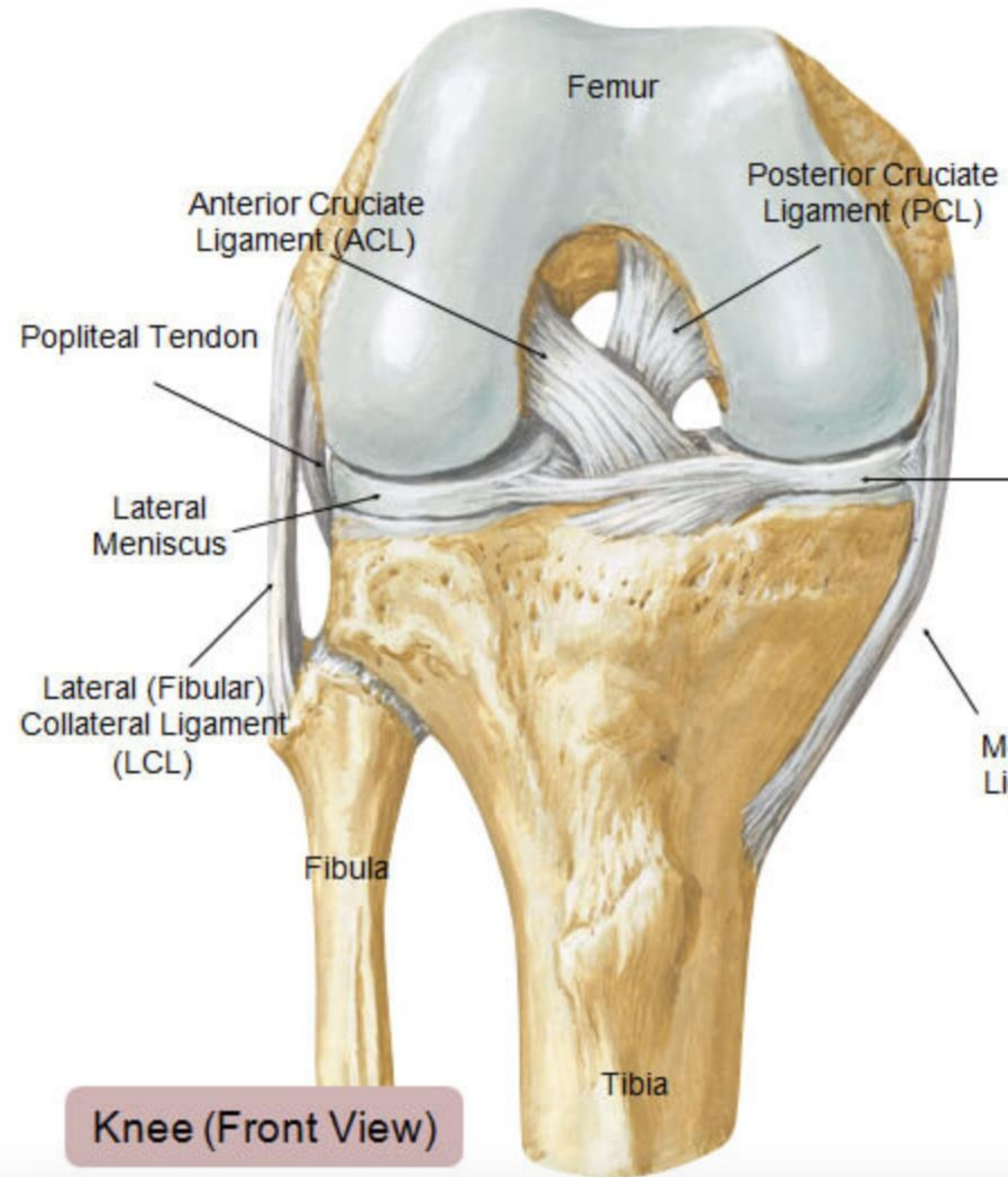


Diastasis &
loss of longitudinal
arch height



Treatment

Knee



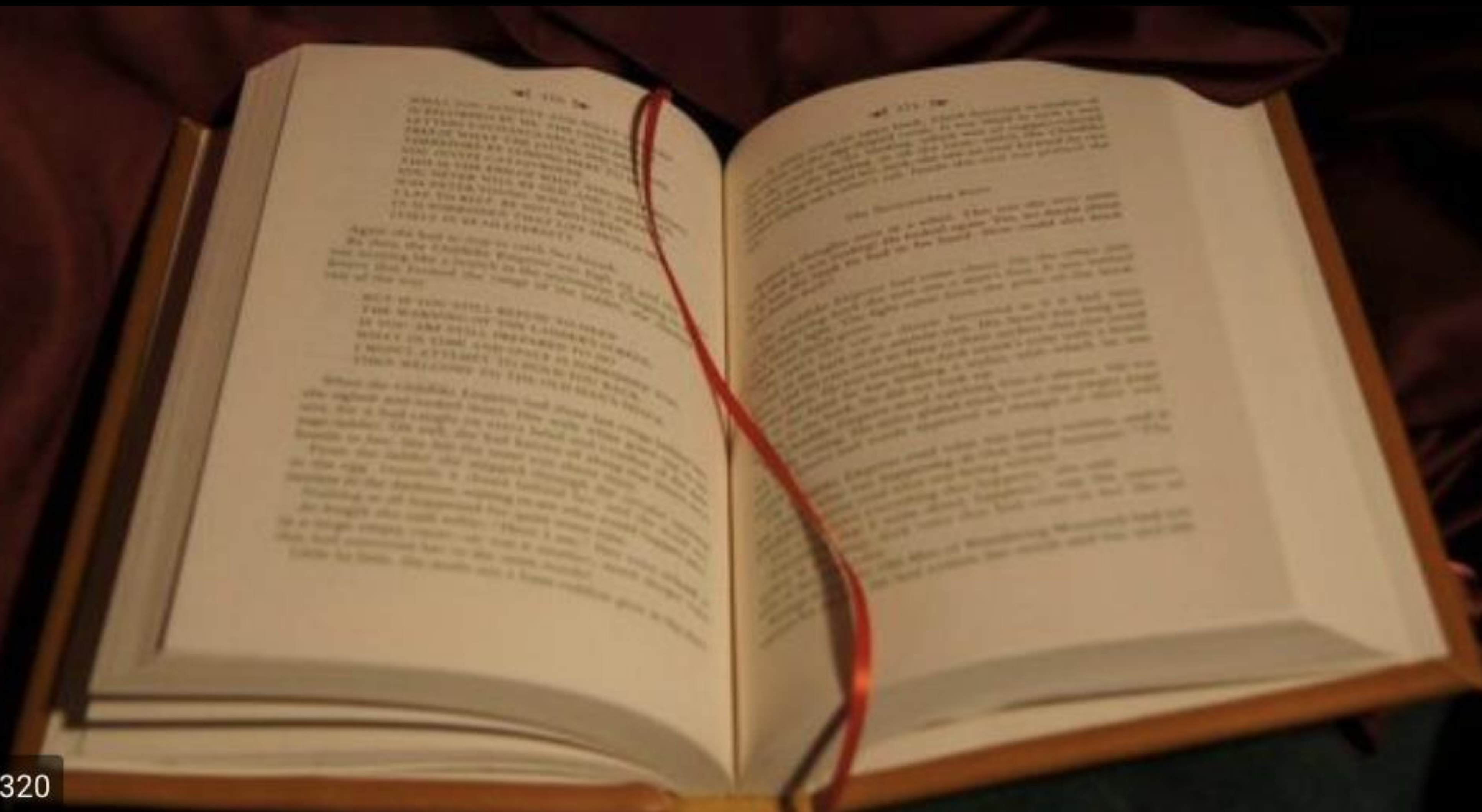


<https://www.youtube.com/watch?v=bni6Jp6p4P8>



ACL

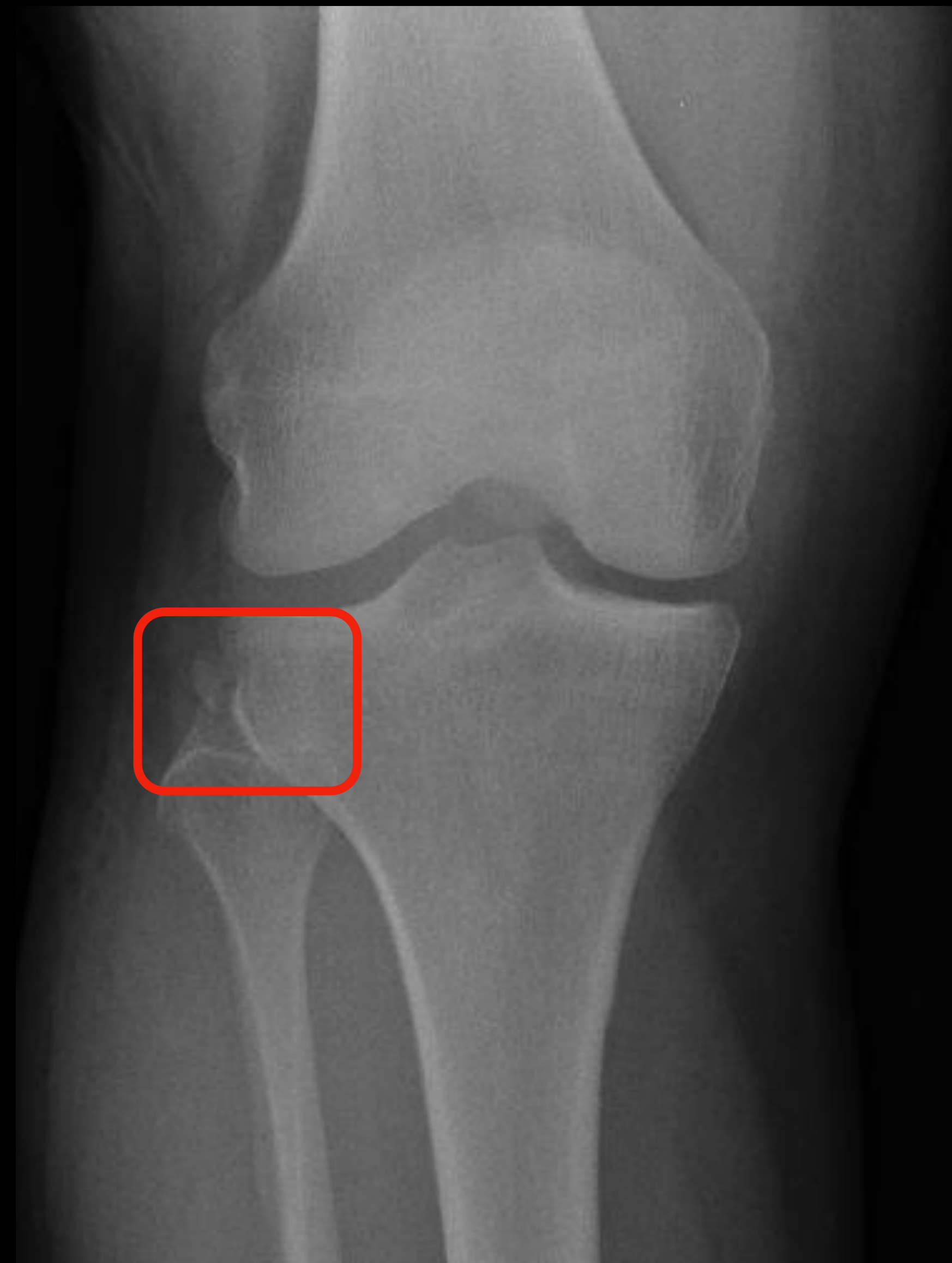
Not Unique



570 x 320

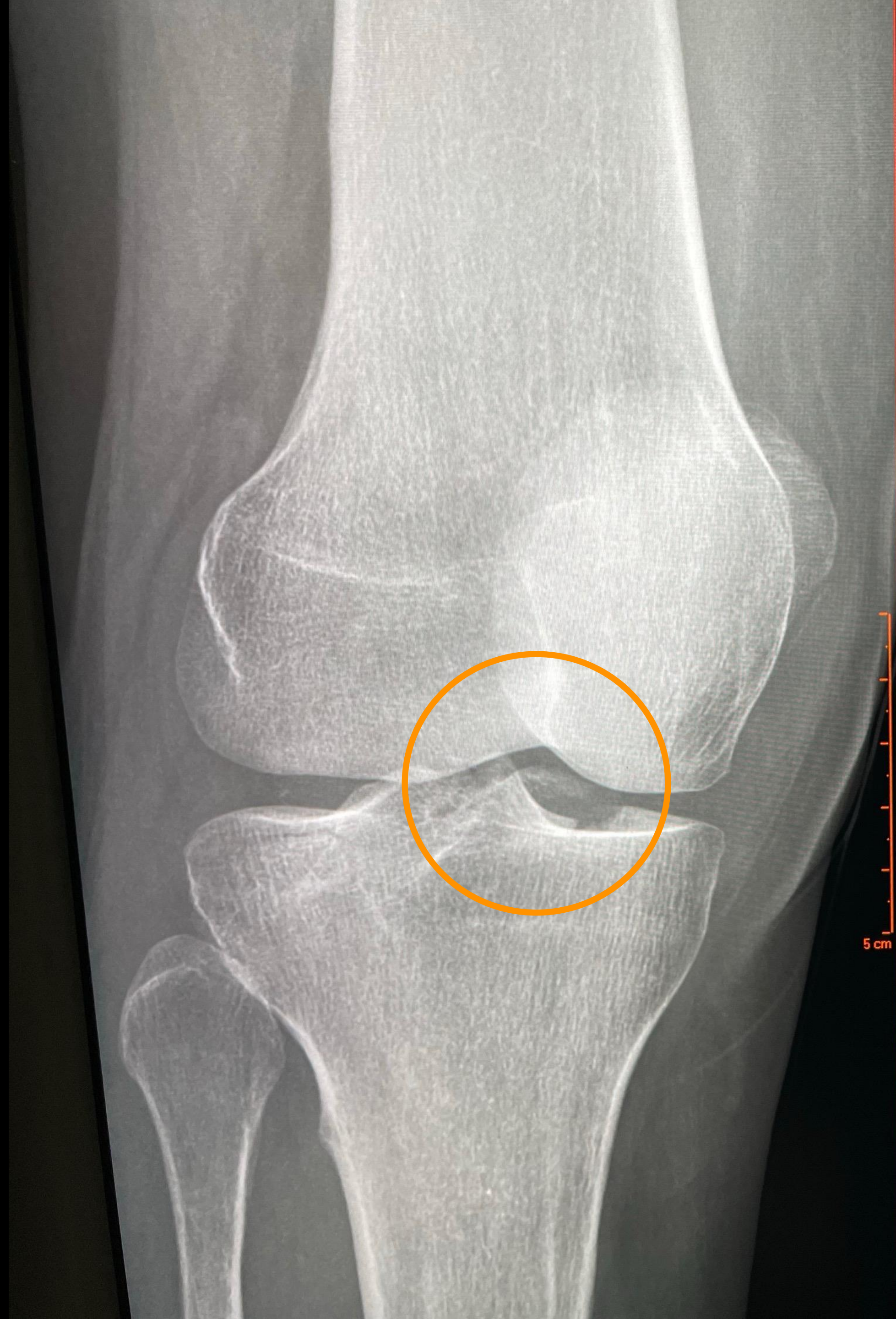


Case courtesy of Gerry Gardner, Radiopaedia.org, rID: 13910



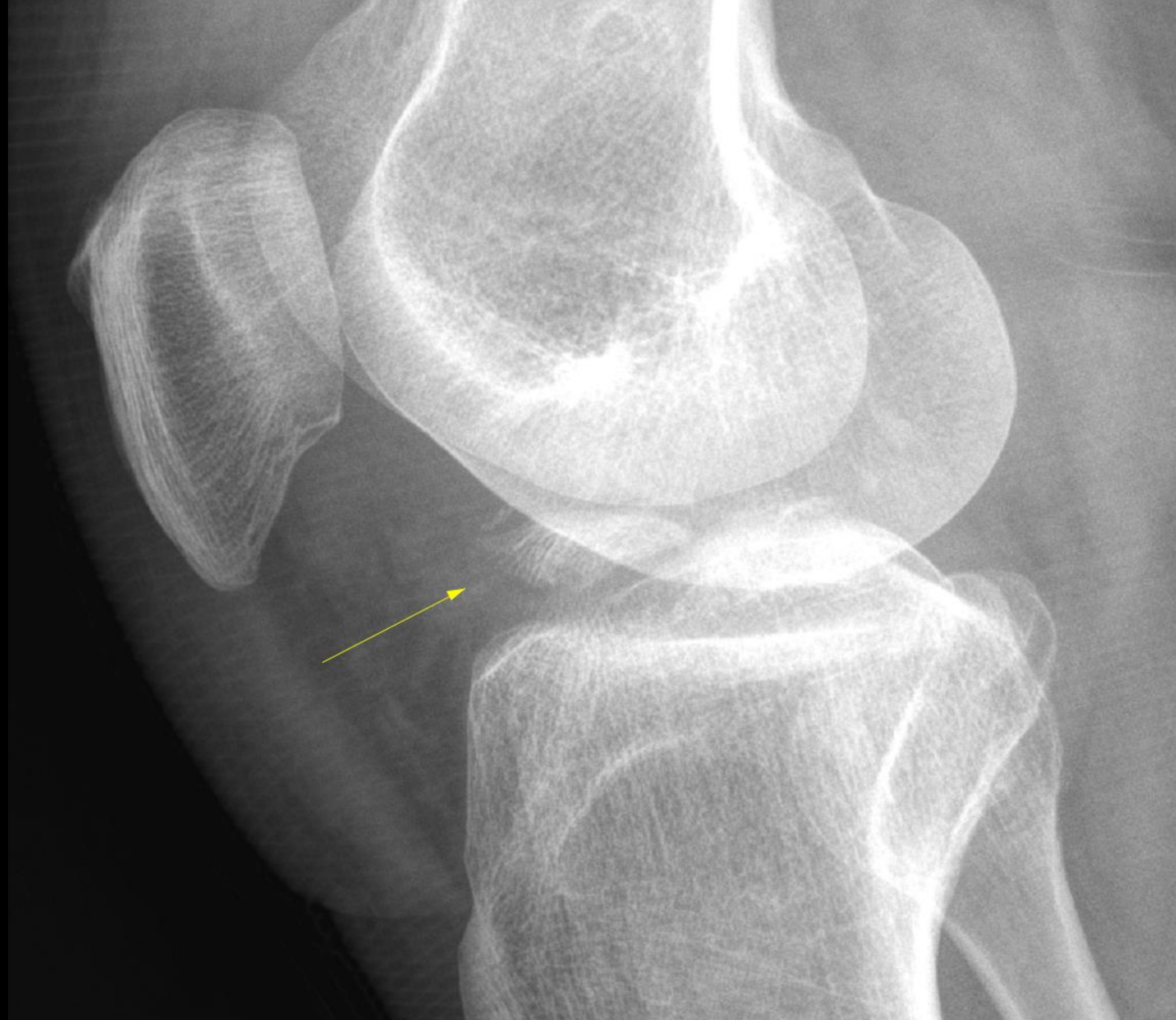
Case courtesy of Gerry Gardner, Radiopaedia.org, rID: 13910



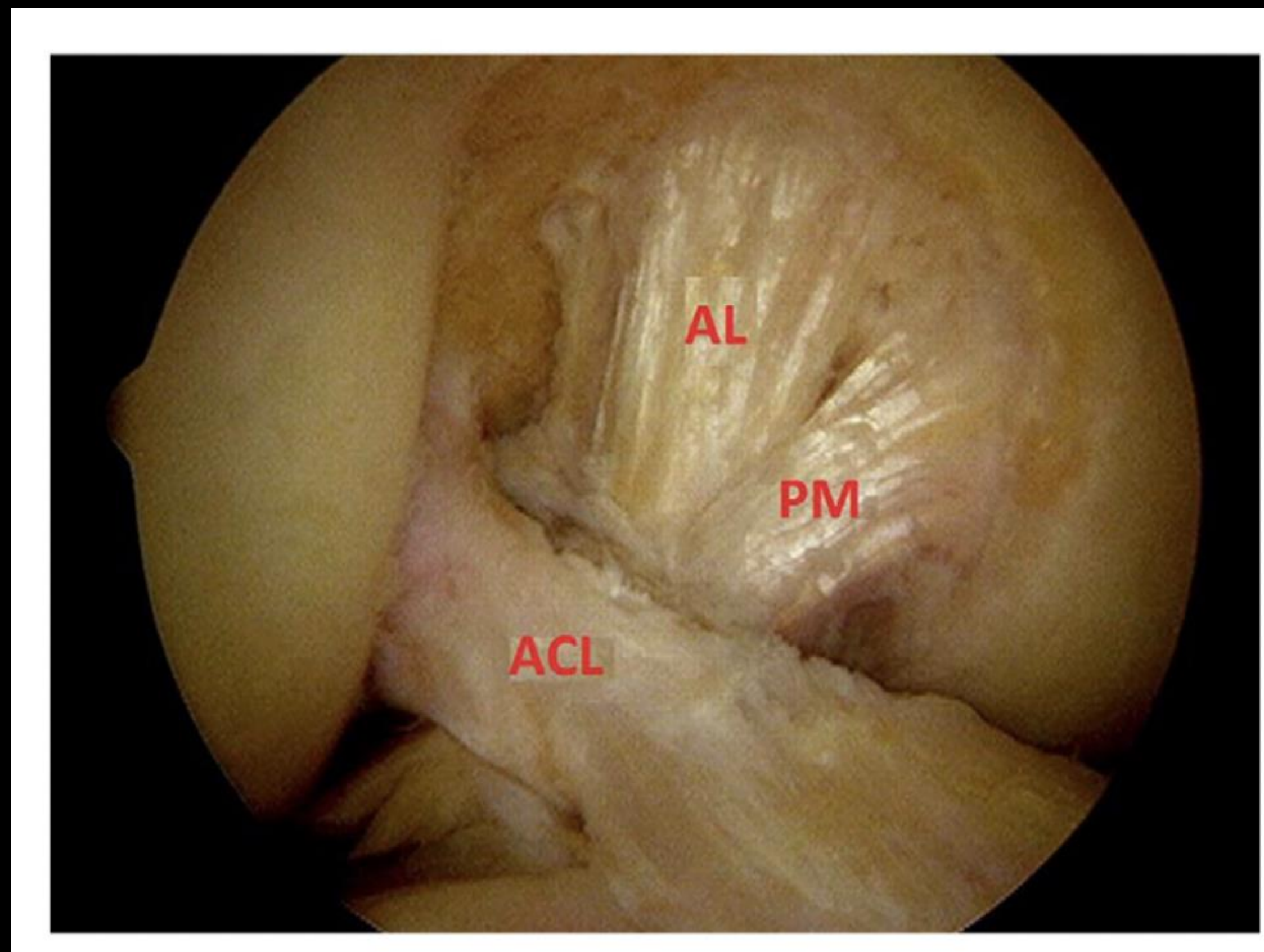


AP





PCL









<https://www.youtube.com/watch?v=bni6Jp6p4P8>





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Thank You

- <https://www.forbes.com/sites/chadorzel/2016/07/05/the-physics-of-ancient-roman-architecture/?sh=6dfd3d4026df>
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