

TREATMENT OF CHRONIC ANKLE PAINS (SYNOVITIS)

A. CONSERVATIVE TREATMENT

- Injection with Cortisone
- Oral Anti Inflammatory medications
- Orthotics / Ankle Brace
- Physical Therapy
- Immobilization

B. ARTHROSCOPIC PROCEDURE

- Flushes out joint
- Removal of Frayed Cartilage
- Removal of Scar Tissue
- Same Day procedure via 2 very small puncture type incisions



Family Foot & Ankle Specialists
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