

LOWER EXTREMITY 3

BONES OF THE LEG

TIBIA

- **Medial Leg Bone; Aka Shin Bone**
- Counterpart of the Ulna
- Weightbearing: **90%**
- Most common site of:
 - **Stress fracture** in runners
 - **Non-union fracture** in the body (distal 3rd)
- ⇒ *Non-union fracture in tibia is due to the very poor blood supply → no hematoma formation which is essential for recovery.*
- **Parts:**
 - **Tibial plateau** (Tibial Condyles)
 - Not concave; with slight convexity.
 - Relatively incongruent.
 - **Tibial Tuberosity**
 - **Tibial Crest**
 - **Tibial Platfond**
 - Weight bearing portion of the distal tibia
 - **Medial Malleolus**
 - Does not provide weight bearing functions.
- **Osgood Schlatter Disease**
 - Aka Jumper's knee; Caused by repetitive jumping
 - **Inflammation of the Tibial Tuberosity.**
 - Males > Females; Boys 10-14 y.o
 - Bilateral affection
 - Self-limiting condition – will heal eventually.
 - Ultrasound is contraindicated
 - Not allowed in children; may cause stunted growth.

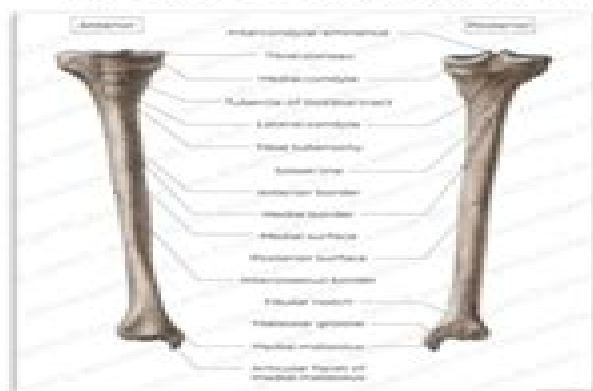


Fig.1 Tibia

FIBULA

- **Lateral Leg Bone; Aka Splint Bone**
- Counterpart of the Radius
- Weightbearing: **10%**
 - Little or no weightbearing at all.

- **Parts:**
 - **Head of the Fibula**
 - **Common Peroneal Nerve** wraps around; most common nerve entrapped in the LE
- ⇒ *Cases of Common Peroneal Nerve Affection*
- **Cross-Leg Palsy**
 - *Entrapment of the Common Peroneal Nerve during cross legged sitting for a long period of time*
 - *Paresthesia feels.*
- **Fracture of the Head of the Fibula**
 - Fracture fragments may cause injury to the nerve.
- **Bedridden patient → leg is in ER.**
 - **External Rotation of the Fibula** may cause entrapment to the CPN.
 - **Trochanter roll → Prevent ER of the leg.**
- **PTB cast (Patellar Tendon-Bearing Cast)**
 - **Pressure tolerant – Can weight-bear**
 - *Patellar Tendon → Pressure tolerant.*
 - **Pressure sensitive – no weight-bearing.**
 - *Head of Fibula → Pressure sensitive; avoid weight-bearing to prevent nerve entrapment.*
- **Prolonged lying**
 - **Lateral knee → contraindicated**
 - *Can cause neuropraxia of the nerve and can lead to footdrop.*
- **Common Peroneal Nerve Injury**
 - *Dorsiflexor weakness → footdrop deformity*
 - *Gait: Steppage gait / Foot Slap*
 - *Gait compensation: Increased Hip & Knee flexion during swing phase to prevent toe dragging.*



Fig.2 Fibula

- **Fibular Neck**
- **Fibular Shaft**
- **Lateral malleolus**
 - Ankle inversion is greater than Ankle eversion.
 - **Fick Angle – Normal out-toeing angle of the foot.**
 - Normal: 5-10° in children; up to 18° in adults.

Physical Therapy Board Exam Prep

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Table of Contents Physical Therapy Board Exam Prep

1. Understanding the eBook Physical Therapy Board Exam Prep
 - The Rise of Digital Reading Physical Therapy Board Exam Prep
 - Advantages of eBooks Over Traditional Books
2. Identifying Physical Therapy Board Exam Prep
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Physical Therapy Board Exam Prep
 - User-Friendly Interface
4. Exploring eBook Recommendations from Physical Therapy Board Exam Prep
 - Personalized Recommendations

- Physical Therapy Board Exam Prep User Reviews and Ratings
- Physical Therapy Board Exam Prep and Bestseller Lists
- 5. Accessing Physical Therapy Board Exam Prep Free and Paid eBooks
 - Physical Therapy Board Exam Prep Public Domain eBooks
 - Physical Therapy Board Exam Prep eBook Subscription Services
 - Physical Therapy Board Exam Prep Budget-Friendly Options
- 6. Navigating Physical Therapy Board Exam Prep eBook Formats
 - ePub, PDF, MOBI, and More
 - Physical Therapy Board Exam Prep Compatibility with Devices
 - Physical Therapy Board Exam Prep Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Physical Therapy Board Exam Prep
 - Highlighting and Note-Taking Physical Therapy Board Exam Prep
 - Interactive Elements Physical Therapy Board Exam Prep
- 8. Staying Engaged with Physical Therapy Board Exam Prep
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Physical Therapy Board Exam Prep
- 9. Balancing eBooks and Physical Books Physical Therapy Board Exam Prep
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Physical Therapy Board Exam Prep
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Physical Therapy Board Exam Prep
 - Setting Reading Goals Physical Therapy Board Exam Prep
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Physical Therapy Board Exam Prep
 - Fact-Checking eBook Content of Physical Therapy Board Exam Prep

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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