**BLOG POSTS ­– Common Causes of Severe Ankle Pain\_d3**

Cutting Edge Integrative Pain Centers

 Common Causes of Severe Ankle Pain

 **Keyword**

Severe ankle pain

 **Target Web Page:**

<http://michianapainrelief.com/services/>

 **Description Tag** (159 characters):

It could come on suddenly or build over time. Learn the common causes of severe ankle pain, and how the team at Cutting Edge Integrative Pain Centers can help.

**Title Tag / Headline**: Common Causes of Severe Ankle Pain

The ankle joint is where the bones of the leg and the foot meet. Your ankles — with the help of adjacent ligaments, bones, cartilage and other structures — make it possible to move your feet up and down.

So, when it comes to ankle pain, do you have to be a serious athlete? Not at all. Maybe you enjoy staying moderately active, or you might not be active at all. Everyone, for different reasons, can be susceptible to severe ankle pain.

**The signs of an ankle problem**

Severe ankle pain means there’s a problem, and it can be associated with number of symptoms, such as:

* Swelling, bruising and redness
* Numbness or tingling
* Instability
* Burning pain
* Inability to put weight on the affected ankle
* Stiffness
* Weakness

**Common causes of severe ankle pain**

The spring in your step is gone, and walking, running or jumping on that ankle is painful. What’s going on? Some of the most common causes of severe ankle pain include:

* **Sprain ­– An ankle sprain is an injury to the ankle ligaments. This can be caused by a simple turn of the ankle or by physical activity.**
* **Osteoarthritis** – A degenerative disease, osteoarthritis caused by wear and tear on the joint, and is characterized by pain and inflammation in the ankle.
* **Achilles tendonitis** – This condition is felt in the back of your ankle, when the Achilles tendon gets inflamed and swollen due to overuse.
* **Gout** – Often strikes as nighttime “attack” of swelling, tenderness, redness and sharp pain.
* **Rheumatoid arthritis (RA)** – A chronic autoimmune inflammatory disorder, RA causes painful swelling in the ankle, and can progress to joint deformity and bone erosion.

**Experience an integrative approach to lasting pain relief, right in Michiana**

Injuries, overuse and disease can all cause severe ankle pain. And when you have this kind of pain, you know it.

Relief is as close as our Mishiwaka, Elkhart or Bremen office. At Cutting Edge Integrative Pain Centers, we treat the source of your [severe ankle pain](http://michianapainrelief.com/services/), with a full range of treatments, including physical therapy, yoga, medication, minimally invasive procedures and more. Our caring, [board-certified physicians](http://michianapainrelief.com/doctors/) are dedicated to creating the personalized treatment plans to help you stop hurting and start living.

To learn more or schedule an appointment, call 574-821-4363 or [click here](http://michianapainrelief.com/contact-us/) to use our online form.

*– end –*