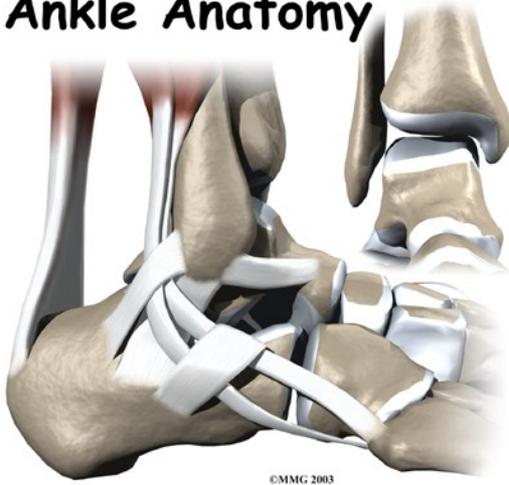


# Introduction to Ankle Issues

## Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area for Ankle Issues

Welcome to Atlas Physical Therapy's resource about the ankle.

### Ankle Anatomy



Ankle injuries can be a real pain, literally and figuratively. Not only can they lay you up or make you hobble around, they may cause you to banish your favorite pair of stilettos to the closet or cancel that game of touch football that you had planned for the weekend.

If you are currently in pain and suffering from an ankle injury, it is important that you know the facts about this sensitive area. After all, if your ankle injury is not given the proper attention and healed completely, you run the risk of it occurring again.

In this area of our site you will find various resources on the types of ankle injuries that you could suffer from as well as information about the steps that should be taken for fixing this problem.

Take the time and make sure you get proper attention; after all, you have better things to do than hobble around on a pair of crutches.

**Click on a link below to learn more about:**

- [Ankle Anatomy](#)
- [Ankle Issues](#)

Hear from some of our **Foot Therapy** patients

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“ Atlas Physical Therapy is the best! I came in with a sprained ankle and the staff was super patient and helpful as we worked through the injury. Brett and Will were amazing and I would recommend them...”  
“ Atlas Physical Therapy is the best! I came in with a sprained ankle and the staff was super patient and helpful as we worked through the injury. Brett and Will were amazing and I would recommend them to anyone! The downtown location is super convenient for anyone who works down there too! ”

Leanne S  
Denver, CO

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“ By far the best physical therapists I have ever gone to! Alex and Kate have fixed everything that has come up from foot issues, to knee problems to all the tiny little things that happen during...” ”

“ By far the best physical therapists I have ever gone to! Alex and Kate have fixed everything that has come up from foot issues, to knee problems to all the tiny little things that happen during training or just life in general. Lexi and Emma are awesome at making sure im doing exercises correctly and making it fun at the same time. With the help of everyone at Atlas Physical Therapy I was able to complete my first ultramarathon and look forward to completing many other ridiculous goals. ”

Amanda H  
Denver, CO

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●  
“ I had been referred to Alex at Atlas by several different people, but it ended up being my daughter's plantar fasciitis that finally got us in there. He did absolutely great with her really does well...” ”

“ I had been referred to Alex at Atlas by several different people, but it ended up being my daughter's plantar fasciitis that finally got us in there. He did absolutely great with her really does well with kids. I don't have any acute injuries at this point, but while I was in there with her, I asked about various ongoing issues/problem areas I have, and ended up beginning treatment with him as well. He takes a well rounded and very practical approach that for us has included tissue work (both), dry needling (me), ultrasound (her), adjustments (me), and obviously various exercises and stretches. The rest of the staff there is great as well. Highly recommend. ”

Dan O  
Denver, CO

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●  
“ I am a runner and runners sometimes get hurt! Alex has magic hands. The man has helped me get through plantar fasciitis on both feet, hip and knee issues and a pulled hamstring! All while keeping it...” ”

“ I am a runner and runners sometimes get hurt! Alex has magic hands. The man has helped me get through plantar fasciitis on both feet, hip and knee issues and a pulled hamstring! All while keeping it fun and just being an amazing coach. If something ails you- go see him! He has magic hands and will get you back on track in no time ”

Mails Aring Dilworth  
Denver, CO

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“ Iâ’ ve been going to Atlas for a couple of months to work on some issues with my peroneal and Achilles, and Iâ’ ve been thoroughly impressed with every single person who works at Atlas. Iâ’ ve worked... ”  
“ Iâ’ ve been going to Atlas for a couple of months to work on some issues with my peroneal and Achilles, and Iâ’ ve been thoroughly impressed with every single person who works at Atlas. Iâ’ ve worked with at least 5 people here, and they have all been knowledgeable, helpful, friendly, caring and cool. They remember who I am every time I come back, have been great at listening and helping with my recovery, and I quite honestly look forward to each visit. Iâ’ ve been getting dry needling done lately, and I was pretty afraid since I hate needles. Both Kate and Amanda have done an excellent job however with minimal discomfort and great results afterwards. Iâ’ m happy to have discovered Atlas, and Iâ’ ve been recommending it to friends and family. ”

Matt G

Denver, CO

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“ Heather is great! Â She took me from barely walking to being able to run again. Â I broke/dislocated my ankle last year and started seeing Heather once I was weight bearing again. Â I wouldnâ’ t have... ”  
“ Heather is great! Â She took me from barely walking to being able to run again. Â I broke/dislocated my ankle last year and started seeing Heather once I was weight bearing again. Â I wouldnâ’ t have gotten to the point Iâ’ m at now without her! ”

Mark W

Denver, CO

[View all yelp reviews](#)

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“ This place is great. I worked with Alex for a little over a month. I visited several PT's prior to meeting with Alex all of whom suggested to remove screws post ankle surgery. With Alex's help, I was... ”  
“ This place is great. I worked with Alex for a little over a month. I visited several PT's prior to meeting with Alex all of whom suggested to remove screws post ankle surgery. With Alex's help, I was able to avoid a second surgery, AND am now feeling like I did before the injury. Thanks Alex ”

Jeff W

Denver, CO

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“ Amazing place, awesome team! I broke my ankle in January and had surgery a day later. About 7 weeks after that, I started physical therapy at Atlas and I could not have been happier. I was... ”  
“ Amazing place, awesome team! I broke my ankle in January and had surgery a day later. About 7 weeks after that, I started physical therapy at Atlas and I could not have been happier. I was â’ assignedâ’ to

work with Kate as my PT and she was fantastic. She worked closely with me on movement, strengthening, massaging and flexibility in order to getting me back to my normal self and activities. At times, I even felt bad for her, because I am very ticklish so working on my foot wasn't always the easiest thing for her, but she took it like a champ; she even did a great job of distracting me in order for her to work on my ankle issues. The exercises I was instructed to do were super helpful, and I was able to do them both at home and at the facility (along with many more when I was there). I loved how I was able to work with multiple staff members while working out my ankle and everyone pushed me to keep going and never made me feel bad if I wasn't able to complete something, but rather said it was okay and we would try again the next time I came in. No matter the time of day or how busy they were, everyone said hello to you, by name, when you walked in making you feel very welcomed. Although I have recently graduated, I will sporadically go back so I can have Kate continue to help me recover, get new exercises for strength, and to just say hello to the staff. I could not be more happy with my recovery and the awesome people at Atlas who helped make it happen."

Rachel M

Denver, CO

[View all yelp reviews](#)

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"Laura has been a godsend for me and has helped put me back together more than once! I came in when I was pregnant for a hip issues, then post pregnancy for a foot issue. Both situations I was treated..."

"Laura has been a godsend for me and has helped put me back together more than once! I came in when I was pregnant for a hip issues, then post pregnancy for a foot issue. Both situations I was treated wonderfully by the administrative staff and the physical therapist. The new location is key, parking is ample. The are communicative, timely and most importantly, work wonders on what ails you!"

Heidi K

Denver, CO

[View all yelp reviews](#)

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"I've been impressed and very satisfied with Atlas Physical Therapy ever since I started seeing them after a foot surgery in 2021. When I returned a year or so later in 2022 I worked closely with..."

"I've been impressed and very satisfied with Atlas Physical Therapy ever since I started seeing them after a foot surgery in 2021. When I returned a year or so later in 2022 I worked closely with Andrea and Nate. Not only were they fantastic to work with, they were excellent listeners and very effective at finding the best treatment to alleviate my issues. I highly recommend using them for your PT needs!"

Kristi S

Denver, CO

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"Am 77 years old and started seeing Lexi at the Stapleton location for strengthening of an achilles tendon injury, core strength training, and flexibility and balance training. Lexi was very sensitive..."

“ Am 77 years old and started seeing Lexi at the Stapleton location for strengthening of an achilles tendon injury, core strength training, and flexibility and balance training. Lexi was very sensitive to all of my needs and concerns and included all of the areas that I wanted to improve upon in each workout. I have improved significantly in each of those areas and Lexi has given me a series of exercises and stretches to maintain and continue to build on my own. I highly recommend Lexi to anyone seeking to improve themselves in a serious yet fun environment. ”

Wayne B

Denver, CO

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“ I am really grateful to Alex and his crew, they helped me with an ankle injury and my back issues. He helped strengthen and rehabilitate my ankle, while leaving me feeling like he was really... ”

“ I am really grateful to Alex and his crew, they helped me with an ankle injury and my back issues. He helped strengthen and rehabilitate my ankle, while leaving me feeling like he was really invested in my recovery. When we had reached a point where I was still having some pain but he had done all that he could, he didn't just keep taking my money, he made a suggestion for a doctor that might be able to help me further. I recommend them regularly and will be back with any future injuries. ”

Susie B

Denver, CO

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“ I've struggled for seven years with ankle pain since tearing a ligament, and also developed really bad runner's knee while training for my first half marathon last year. The only other time... ”

“ I've struggled for seven years with ankle pain since tearing a ligament, and also developed really bad runner's knee while training for my first half marathon last year. The only other time I'd been to physical therapy for a previous injury, the results were temporary. Alex at Atlas PT explained the why behind my pain, gave me detailed exercises and therapy that were doable, I noticed results immediately... and four years later, I can still run, hike, and ski again without pain. ”

Rachel W

Denver, CO

[View all yelp reviews](#)

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“ Hey! I've been working with Alex Lanton following two surgeries on my foot. He's so smart, fun, and effective. I would never go anywhere else for my PT needs. ”

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Jenna T

Denver, CO

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“ My daughter saw Nikhil to address ankle pain due to hypermobility. He was great at quickly identifying the issue, explaining it, and prescribing easy and effective exercises that helped very quickly.... ”

“ My daughter saw Nikhil to address ankle pain due to hypermobility. He was great at quickly identifying the issue, explaining it, and prescribing easy and effective exercises that helped very quickly. Great experience. ”

Sarah J

Denver, CO

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