

Lower Extremity Orthopedic Pathologies Related to Equinus **by Patrick A. DeHeer, DPM**

Pathology Related to Equinus	Reference(s):
Plantar heel pain/plantar fasciitis	1, 2, 5, 6, 7, 8, 9, 10, 58, 59, 60, 61, 62, 63, 64, 65, 67, 69, 70, 71, 72, 73, 74, 75, 76, 78, 79
Achilles tendonitis/tendonosis	1, 11, 12, 13, 21, 22, 57, 77, 78
Posterior tibial tendon dysfunction/ Adult flat foot deformity	2, 10, 14, 15, 16, 17, 18, 19, 20, 35, 36, 57, 78, 79
Muscle strains	23
Stress fractures	22, 24, 48
Shin splints/Medial tibial stress syndrome	22, 24, 25, 46
Iliotibial band syndrome	24, 25
Patellofemoral syndrome	26
Ankle sprains/fractures	27
Diabetic foot ulcers	28, 29, 30, 31, 32, 39, 42, 43, 78, 79
Charcot deformity	33, 34, 37, 38, 39
Metatarsalgia	1, 2, 10, 16, 20, 36, 62, 78
MPJ synovitis/PDS	10

Pathology Related to Equinus	Reference (s):
Hallux abducto valgus	1, 2, 16, 20, 40, 52, 66, 78
Hammer toes/Claw toes	20, 44, 78
Lis Franc's/Midfoot arthrosis	35, 53, 78
Hallux limitus/Hallux rigidus	41, 68
Forefoot calluses	1, 20
Morton's neuroma	38, 45, 78
Chronic ankle instability	47
Poor balance/Increased fall rate in elderly	49
Sever's disease	50, 51
Pediatric flatfoot	54, 55
Lateral foot pain	1
Genu recurvatum	38
Low back pain	38
Arch pain	62
Ankle arthrosis	78, 79
Subtalar arthrosis	78
Sesamoiditis	78

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