

4 Common Foot and Ankle Skiing Injuries

1. Ankle Sprains

An ankle sprain occurs when the ligaments that support the ankle are stretched or torn, usually after the foot rolls or twists unexpectedly. Skiing on uneven terrain, catching an edge, or landing awkwardly can put the ankle in a vulnerable position.





2. Achilles Tendon Pain

The Achilles tendon connects the calf muscles to the heel. Tight or fatigued calf muscles can increase the workload on the tendon, while the fixed position of a ski boot can change how the ankle and lower leg move.

3. Stress Fractures

Stress fractures are small cracks in a bone that develop from repeated loading rather than a single traumatic event. Pain often develops gradually and may become more noticeable during activity or persist even after skiing.





4. Plantar Fasciitis

Plantar fasciitis involves irritation of the plantar fascia, a band of tissue that runs along the bottom of the foot. Spending hours in ski boots can place sustained pressure on the feet, and pain may be especially noticeable with the first steps after rest.

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