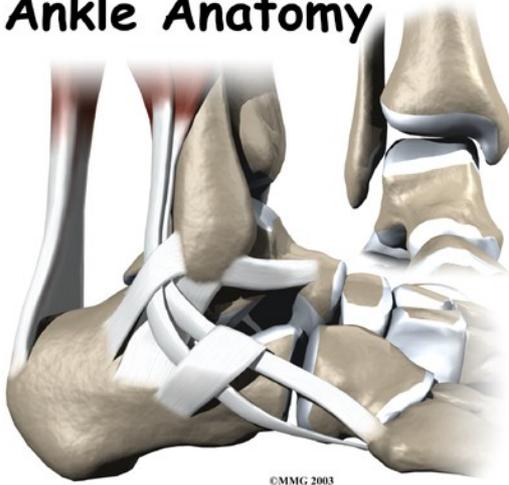


# Introduction to Ankle Issues

## Physical Therapy in Merrick and Amityville for Ankle Issues

Welcome to Summit 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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“ The summit team helped me recover from a basketball Achilles injury. Over the few months I was there they allowed me to maintain a positive attitude and tailored my protocol based on my recovery... ”

“ The summit team helped me recover from a basketball Achilles injury. Over the few months I was there they allowed me to maintain a positive attitude and tailored my protocol based on my recovery progress and my exercise background. The setting was intimate and the team felt like family. Recovering from an injury is never fun, but the team at summit made it the best experience possible. Under their guidance they will get you back feeling your best. ”

Michael S

Merrick, NY

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“ I came to Summit with an ankle injury. I could barely walk when i first started. After a few weeks I was able to return to work and resume my normal activities. The physical therapists there are... ”

“ I came to Summit with an ankle injury. I could barely walk when i first started. After a few weeks I was able to return to work and resume my normal activities. The physical therapists there are great and I enjoyed talking to everyone during my therapy. A big thank you to summit P.T. Highly recommend. ”

Daniel B

Merrick, NY

[View all google reviews](#)

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“ Graham Webb has always been the most professional and knowledgeable physical therapist I have known . Working in healthcare I have experience with others and can highly recommend him and his staff to... ”

“ Graham Webb has always been the most professional and knowledgeable physical therapist I have known . Working in healthcare I have experience with others and can highly recommend him and his staff to anyone in need of their services. My questions were always answered with kindness and support. He has helped me through difficult injuries for a complex tibial plateau fracture to a torn meniscus and sprained ankle. With each injury he targeted exactly the proper exercises and support I needed to heal physically as well as mentally . His staff were immaculately sanitizing all equipment and I never felt I was compromising my health during Covid . Matthew was wonderful as was all the support aides and office staff. I felt I was treated individually and not like a number. It is a place where your personal needs as addressed instead of rushing through a session. I am grateful for everyone in his office for helping me to get back to the person I was before I came in. Excellent five star recommend. ”

Jeffrey F

Merrick, NY

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“ I have used Summit physical therapy after a knee revision and a foot injury. Graham Pam and Matt are excellent. Their skills as therapists are amazing. I actually enjoyed going to therapy. If your... ”

“ I have used Summit physical therapy after a knee revision and a foot injury. Graham Pam and Matt are excellent. Their skills as therapists are amazing. I actually enjoyed going to therapy. If your ever in need this is the place to go. The staff is amazing and caring â ˆœ. Thank you SUMMIT PHYSICAL THERAPY ”

Maryann A

Merrick, NY

[View all google reviews](#)

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“ I highly recommend Summit Physical Therapy. It is an exceptional facility with knowledgeable, caring and attentive staff. The physical therapists and assistants are committed to making the most of... ”

“ I highly recommend Summit Physical Therapy. It is an exceptional facility with knowledgeable, caring and attentive staff. The physical therapists and assistants are committed to making the most of your time during sessions. 10/10!! ”

Mary A

Merrick, NY

[View all google reviews](#)

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“ I have been going to Summit Physical Therapy on and off for 10 years. I wouldn't think about going anywhere else, even with the many other PT offices in the area. All three of the therapists are... ”

“ I have been going to Summit Physical Therapy on and off for 10 years. I wouldn't think about going anywhere else, even with the many other PT offices in the area. All three of the therapists are great. I've seen them all, but you get to decide who you would like to see. His staff is equally great. I'm a Dentist and they treat all the patients as I treated my patients in my practice ”

Richard Z

Merrick, NY

[View all google reviews](#)

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