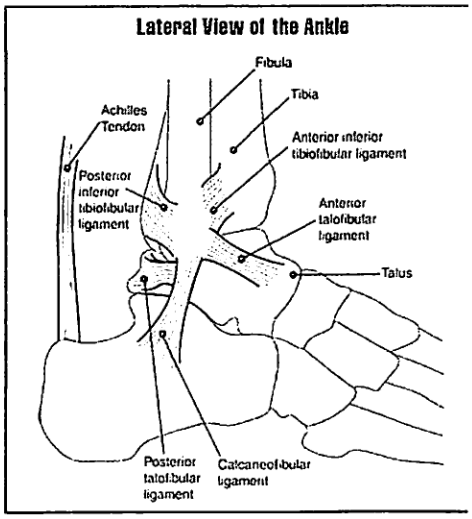
Meridian Spine & Joint PHYSIOTHERAPY CENTRE

Ankle Sprain

What is an Ankle Sprain?

Ankle injuries are extremely common in the general population. These injuries occur in approximately 14 % of all sports-related injuries. The most frequently occurring sprain is when the foot turns inward or inverts. An eversion sprain occurs when the foot is forced outward. Sprains affect the supporting ligaments of the ankle. These strong fibrous bands, located on the inside and outside of the ankle, attach to the bones of the ankle and provide stability for the joint.



How Severe is the Sprain?

The first degree sprain occurs most frequently and is a minor stretch of the ligaments. Generally, there is mild swelling and pain but the ankle remains stable. Symptoms usually resolve quickly with treatment. Within 1-2 weeks most patients return to regular activities.

The second degree sprain is when the ligaments are partially torn. This results in more pain, bruising, swelling and a mild degree of instability. These sprains are more serious and often require a rehabilitation period of 3-8 weeks.

The third degree sprain is a more serious tear of the ligaments supporting the ankle. Rarely in serious cases, surgery may be required. Increased symptoms of pain, swelling, bruising, instability and weakness will be noted. This condition may take several weeks to months to improve and lax ligaments may persist.

How are Ankle Sprains Diagnosed?

Ankle sprains are diagnosed by the information given on the injury and the physical assessment. The physical assessment would include evaluation of walking pattern, swelling, bruising, tenderness over the area of the ankle ligaments, mobility and stability of the joint. X-rays may be done to rule out any injury to the joint or bones but will not provide information of the ligaments.

What are some Factors that can cause Sprains?

- weak muscles that support the ankle
- previous injury or sprain of the ankle
- poor foot wear that does not provide adequate support
- genetic predisposition
- insufficient preparation for sports activities
- high risk sports activities involving running, jumping, and contact

What is the Treatment of an Ankle Sprain?

During the initial 24-72 hours the recipe of rest, ice, compression and elevation of the ankle and foot should be followed. Ice for 15 minutes every 2 hours may be required. A compression bandage or brace and elevation of the lower limb above the heart should help to decrease swelling. Crutches or canes may be needed if any pain or limping is noted with walking.

During the first week, range of motion exercises to restore normal mobility of the ankle and foot should be included. Physiotherapy is important to improve the ankle's strength, mobility, balance and allow for return to normal activities. The physiotherapist will instruct you on normal walking pattern, taping and bracing to support the ankle and exercises to improve balance, flexibility and strength. This individualized program will be directed toward a successful return to pre-injury status.

An accredited member of:

Active Physiotherapy Rehabilitation Group

Consult your physician or physiotherapist for the treatment that is best for you.

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Enjoy Health!

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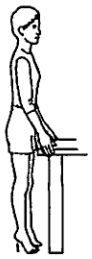
Ankle Sprain

Ankle Sprain Exercise Program

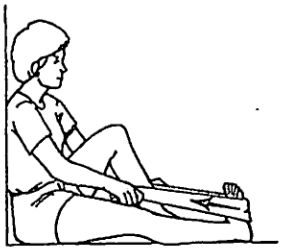
Once your pain has decreased and you are able to walk without a limp, you may try the following exercises:



1. Bend ankle up toward your body as far as possible.
2. Hold 5 seconds.
3. Now point toe away from your body.
4. Hold 5 seconds.
5. 10 repetitions, 3 times per day.



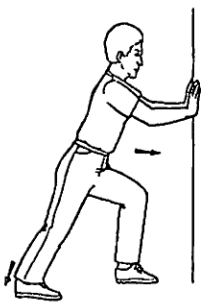
1. Stand with feet 12 inches apart.
2. Raise up slowly onto your toes as high as you can.
3. Hold 5 seconds.
4. 10 repetitions, 1 time per day.



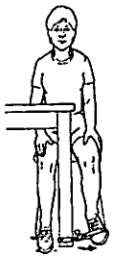
1. Sit on floor with towel or strap around affected foot as shown.
2. Pull top of foot toward your body so that you feel a stretch.
3. Hold 10 seconds.
4. 5 repetitions, 3 times per day.



1. Sitting in a chair, assemble elastic tubing to table and your foot as shown.
2. Without moving your hip or knee, turn the bottom of your foot inward toward your body.
3. Hold 5 seconds.
4. 10 repetitions, 1 time per day.



1. Position your body against a wall as shown with affected foot behind.
2. Point toes directly toward wall and hold heel down.
3. Lean into wall as shown so that you feel a stretch.
4. Hold 10-15 seconds.
5. 5 repetitions, 3 times per day.



1. Sitting in a chair, assemble elastic tubing to table and your foot as shown.
2. Without moving your hip or knee, tip the bottom of your foot outward away from your body.
3. Hold 5 seconds.
4. 10 repetitions, 1 time per day.

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