

## ANKLE SPRAIN

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### What are ankle sprains?

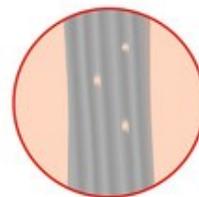


An ankle sprain happens when the ligaments in the ankle are stretched or torn. This usually affects the ligaments on the outside of the ankle.

The ankle will be sore and possibly a little swollen because of the ligament damage. For serious sprains, the ankle will be very swollen, bruised, and too painful to walk on.

#### Grade 1 sprain (Mild)

- Stretching and microscopic tearing of the ligament fibres
- Able to bear weight and ambulate with minimal pain



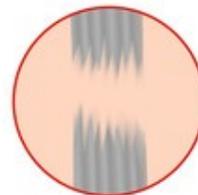
#### Grade 2 sprain (Moderate)

- Partial tearing of the ligament(s)
- Pain with weight-bearing
- Positive to clinical stress examination



#### Grade 3 sprain (Severe)

- Complete tears or total ruptures of the ligament(s)
- Unable to bear weight or ambulate



## What Causes Ankle Sprains?

Ankle sprains usually occur as a result of a sudden twisting or rolling movement of ankle, and this can be from either contact (e.g. tackles) or non-contact. This causes the ligaments to stretch beyond their capacity, damaging or even tearing them.

Common causes of such injuries involves sports, biomechanical instability, poor proprioception, inappropriate footwear, or trauma (simply walking on uneven pavement can be a cause).

## How to treat ankle sprains?

A three-phase program guides treatment for all ankle sprains.

**Phase 1:** RICE (Rest, Ice, Compression, and Elevation)

**Phase 2:** Restoring range of motion, strength and flexibility

**Phase 3:** gradual return to activities and prevention of re-injury

Also, depending on how severe the injury is, the ankle might need to be put in a plaster cast or brace to make sure that the bones align properly.



## Preventing ankle sprains and caring for your feet

Ask us for a biomechanical assessment – we can test the way you move and let you know if there are any issues. We can provide orthotics and other treatments to correct and make up for any biomechanical problems that may increase your risk of ankle sprains.

Wear shoes that are comfortable, fit you well and provide good ankle support. Exercises to strengthen your muscles, tendons, and ligaments will ensure your ankle has good support. Always warm up and stretch before any sport or exercise. You may want to consider wearing an ankle brace if you have had an injury before. Finally, do not ignore any pain in your ankle – it could be a sign of injury, and putting off treatment can cause long-lasting damage.