



ANKLE SPRAIN



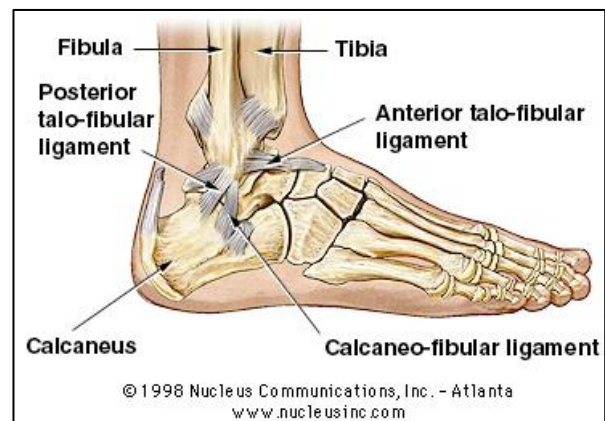
What is an ankle sprain?

An ankle sprain is a common sports injury, but can easily happen to anyone with simply stepping off the curb the wrong way. It occurs when the foot twists, rolls or turns in or out beyond its normal motions. A great force is sent up the leg upon landing. This force stretches or tears the ligaments that hold the ankle and foot bones together and can lead to instability and re-injury.

Where does it occur?

A lateral ankle sprain (outer part of ankle) is the most common type where the foot rolls in (see picture) and the ligaments are stressed.

A medial ankle sprain (inner part of ankle) occurs when the foot twists out and the ligaments are stressed.



What are the signs and symptoms?

- Pain and tender to touch
- Swelling
- Redness and warmth
- Less ankle movement and strength
- Difficulty walking
- Feeling unsteady if done multiple times
- Possible bruising in area



How does physical therapy treat it?

- P.R.I.C.E – protect, rest, ice, compression and elevation
- Range of motion and strengthening – ankle and foot muscles
- Manual therapy – massage, mobilization
- Balance
- Plyometrics and agility training
- Endurance or return to sport
- Modalities – electrical stimulation, ultrasound, cold laser

