

HEALTH & FITNESS



The Newsletter About Health and Caring For Your Body

Ankle Sprains



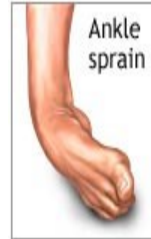
Common Symptoms

- Pain on outside of the ankle
- Pain with pointing foot
- Possible swelling
- Possible bruising at the ankle and along foot

SUCCESS STORY

I rolled my ankle playing basketball and thought I would not be able to play the rest of the season. I was quickly referred to Orofino Physical Therapy. They helped control my pain and immediately began working on sport specific exercises. I was only out for 2 weeks and had a great season. ~M.G. MB

A “sprain” is an injury that involves ligaments; which hold bone to bone. Most ankle sprains involve the lateral (outside) of the ankle. There are 3 ligaments that support the lateral ankle. These ligaments get tight when the foot is pointed and is rolled inward. When the foot is “rolled” too far inward the ligaments are over stretched. Ankle sprains have 3 grades (1,2,3). The higher the number the more severe the sprain. Symptoms will be pain, swelling and possible bruising over the ankle. If you sprain your ankle you want to use the **P.R.I.C.E** principle. (**Protection, Rest, Ice and Elevation**). Physical Therapy will involve controlling the pain/ inflammation. As pain decreases, emphasis will be placed on **I** ncreasing lateral ankle strength (peroneal muscles). Building up the muscle strength will increase the support to the ankle. Unlike muscles, ligaments are not elastic. So when they are overstretched they stay overstretched. This leads to the re-occurrence of sprains. If you have a history of sprains a brace may be appropriate .



Ankle sprain

Swelling, inflammation, and bruising of ankle



Damage to ligaments of the ankle

ADAM

Goals of Physical Therapy

- Education
- Decreasing inflammation/pain
- Restore ankle range of motion
- Increase ankle strength
- Increase leg/core strength.
- Dynamic stability
- Transition into all activities

If you or someone you know is suffering with pain, call us to learn how Orofino Physical Therapy can help!

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