

## Ankle Sprain

An ankle sprain occurs when there is tearing or stretching of the ligaments which can occur when the foot is rolled or there is a sudden twisting to the foot

### How does injury happen?

Forceful High impact sports that involve jumping, or sprinting often lead to ankle sprains. Some sports that are associated with ankle sprains are basketball, football, cross country, and hockey.

### Signs and symptoms?

First degree: little or no swelling, mild pain, stiffness in joint

Second degree: moderate to severe pain, difficulty with weight bearing, more swelling and stiffness

Third degree: severe swelling and pain, inability to bear weight, loss of function in joint

### First Aid?

It is very important to limit the bleeding and swelling as much as possible as the accumulation of blood slows down the healing process dramatically. Initial treatment should be:

- Rest the person
- Apply ice to the area
- Compression—wrap a bandage around the ice pack to keep it securely in place and to help in further swelling
- Elevate the ankle to a point where it is above the level of the persons heart (yes that high!!!)
- Referral to an appropriate medical professional

This aims to minimise bleeding and promote healing.

### Rehabilitation/Prevention

Strengthening the muscles of the lower leg to prevent future sprains. Strengthening the weakened ligaments and doing balance exercises. Flexibility exercises will reduce stiffness and improve mobility

### Treatment

Your Physiotherapist will be able to provide an accurate diagnosis and an appropriate management plan. Often this problem can require a Sports Medicine Doctor, Physiotherapist, and/or Podiatrist to assist.

**Call Armadale Central Physio on 9399 5020 for an assessment and diagnosis**