



WHAT IS AN ANKLE SPRAIN?

A sprained ankle is when one or more of the ligaments around the ankle joint are damaged. This damage occurs when the ankle rolls beyond its normal limits stretching or tearing these supportive structures. The ligaments on the outside of your ankle are much less stable and therefore are more prone to injury. Although much less common, injury to the inside aspect of your ankle may occur particularly if your ankle is exposed to a substantial force.

WHAT SYMPTOMS MAY I EXPERIENCE?

- Pain and swelling around the ankle
- Pain walking on uneven surfaces, and increased pain or inability to jog, squat or jump
- Bruising – usually associated with greater injury and more pain while walking
- Difficulty balancing
- Weakness around the ankle

HOW CAN PHYSIOONE ASSIST YOU?

- The use of electrotherapy modalities, such as TENS or ultrasound, and/or acupuncture to aid in the reduction of swelling, encourage healing and alleviate pain
- Manual techniques such as joint mobilization to improve movement
- Appropriate stretches and exercises to lengthen/strengthen the weakened structures and progress them as appropriate
- Specific exercises to re-train balance
- Exercises tailored to assist in return to every day activities and sport-specific drills
- Taping of the ankle for support and to help with feedback for balance and ankle position