



Inversion Ankle Sprain

Pain on the outside of your ankle following the foot rolling in.

Ankle sprains are the most common ankle injuries and inversion sprains account for 25% of all sport injuries. The most common pre-disposition to an ankle sprain is a prior ankle sprain. In 30% of cases, one ankle sprain will lead to chronic instability of the ankle. A sprain means damage to ligaments. Ligaments run from bone to bone and the ankle is composed of 7 bones so when there is injury to the region it can spread to many structures quickly.

TREATMENT:

Treatment is initially focused on decreasing inflammation and protecting the injured tissues. Occasionally patients will require immobilization (air cast or brace) and decreased weight bearing (use of cane or crutches). It is imperative to begin pain-free range of motion exercises that help stimulate collagen formation and assist in venous and lymphatic drainage to reduce swelling.

Physical Therapy can offer additional modalities for inflammation (UltraSound, Interferential Current) and often therapists provide manual therapy techniques to restore normal joint mobility in the ankle and decrease scar tissue. Once pain-free mobility is present, it is imperative to initiate strengthening and balance exercises which can further be progressed to sport specific activities as needed. Due to the high likely-hood of reoccurrence it is imperative patients seek Physical Therapy and progress through rehabilitation in the appropriate sequence. Evidence shows that a supervised rehabilitation carried over for at least 4 weeks will reduce the risk of reoccurrence by 50%.

Notes:

1- Ankle mobility, alphabet - Sets:2 / Duration:30 sec



Trace the alphabet with your foot.

2- Ankle circumduction - Sets:3 / Repetition:10



Make circles with your ankle.

3- Dorsiflexion/plantarflexion - Sets:3 / Repetition:10



Pull your toes and foot up towards you and point your foot down as far away from you as you can.
Repeat.

4- Ankle inversion - Sets:3 / Repetition:10



Lie on the affected side.
Lift your forefoot off the bed by bringing your big toe up and out away from the bed, keeping your ankle in contact with the bed.
To progress, repeat with a weight on your forefoot.

5- Ankle eversion - Sets:3 / Repetition:10



Sit with both legs straight and support yourself with your arms behind you.
Point your foot and toes towards the outside (away from your body).
Return and repeat.