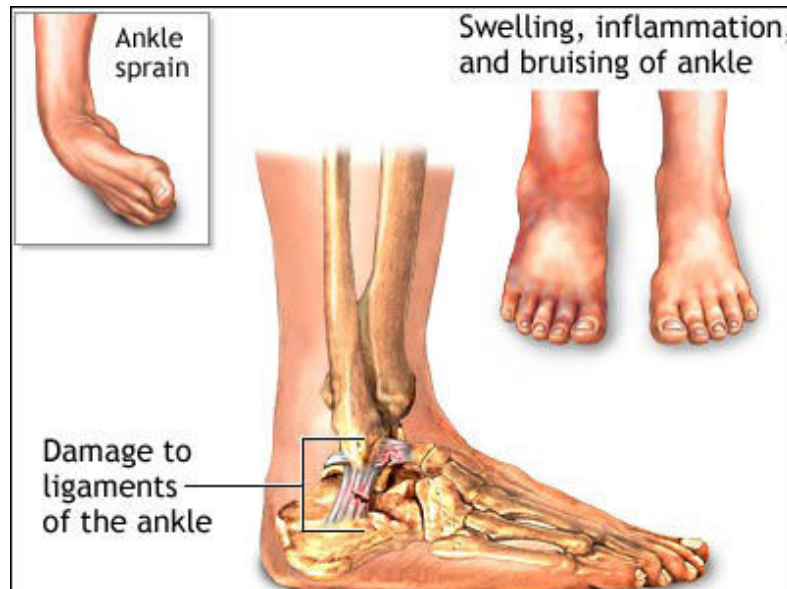


Ankle Sprain

A sprain is a stretching and/or tearing of a ligament. The most common ankle sprain, called an inversion ankle sprain occurs when the ankle rolls outward and the foot rolls inward, as shown below. The most common damage sustained during an inversion ankle sprain is to the anterior talofibular ligament. A medial ligament sprain is rare and can occur with a fracture. This sprain occurs when the ankle rolls inward resulting in the foot rolling outward or away from the body. Ankle sprains are more common in athletes participating in sports with side to side movement.

Anatomy



- Mechanism of Injury
 - Excessive inward, and downward, rotation of the foot
 - Tripping over someone's foot
 - Stepping on someone's foot
 - Getting your foot caught in a hole, or ditch
 - Falling off a curb, down a stair, or down a hill
- Treatment
 - Manual Therapy to the ankle ligament and surrounding muscle tissue to decrease swelling and pain.
 - Joint Mobilizations to the ankle to increase range of motion Posture/Body Mechanics.
 - Ambulation training with and without assistive device.
 - Therapeutic Exercise/Pilates focused on ankle stability, balance, and strength.
 - Ultrasound
 - Ice and Electric Muscle Stimulation to the ankle,
 - Home Exercise Program designed for the patient to continue ankle strengthening and stability exercises at home.