



## ankle sprain

Ankle sprains are one of the most common injuries in sports. The severity of pain suffered immediately after an ankle sprain does not usually correspond with the severity of the injury (a complete rupture is usually less painful than a mild/moderate sprain) However, the site in which the person feels the pain does usually correspond with the injury. The ankle may appear swollen initially, and over time bruising may occur.

Sports involving running, jumping or sudden twisting actions increase the likelihood to have ankle sprain injuries occurring. The person will be able to recall a sudden traumatic incident where they 'rolled' their ankle into either an inversion (most common) or eversion direction. Inversion sprains (where the person 'rolls' over the outside of the foot) most commonly affect the anterior talo-fibular and lateral collateral ligaments. Eversion sprains (where the person 'rolls' over the inside of the foot) affect the deltoid ligament and commonly involve avulsion fractures of the medial malleolus.

## treatment of condition

Immediate treatment of an acute ankle sprain injury is to decrease the inflammation and pain. This is achieved via R.I.C.E.

R.I.C.E. stands for:

- **Rest** – to minimise further damage and give the body the best opportunity to recover
- **Ice** – to decrease blood supply, minimising the swelling
- **Compression** – to minimise swelling
- **Elevation** – to help the body drain fluid from the swollen areas

After 48-72 hours, there should be a reduction in swelling and pain. Treatment from a myotherapist becomes important at this stage in order to promote 'functional' healing of the damaged muscles and ligaments (eg. to prevent cross-linking of scar tissue). A myotherapist will apply specific soft tissue techniques to the affected areas in order to reduce adhesions, as well as advice on corrective exercises to maintain/improve the strength of the muscles.

Referral to an orthopaedic surgeon may be necessary if the ligaments have been completely ruptured, or an avulsion fracture has occurred.



typical cause of ankle sprain

## what you can do

Consulting a myotherapist for correct diagnosis, treatment and advice will reduce the pain symptoms, speed-up recovery time and decrease the chance of future complications.

Completing the following steps at home will aid in recovery:

Acute ankle sprain injuries should be immediately treated with R.I.C.E.

- **Rest** – use of crutches initially will help avoid weight-bearing and reduce the chance of further damage to the area.
- **Ice** – application 2-3 times a day to the affected area will help reduce the swelling and pain, allowing for better recovery.
- **Compression** – use a bandage to strap and support the ankle in order to minimise swelling (not so tight that it cuts off circulation!)
- **Elevation** – laying down with the ankle raised above the height of the heart will help the body drain fluid from swollen areas
- **Advice** - it may be necessary to be referred for appropriate diagnostic imaging of the ankle and to an orthopaedic surgeon if complete rupture and/or fracture have occurred.



Ice your ankle as soon as possible. 15 - 20 mins on, 2 hours off.



Compress after icing.