

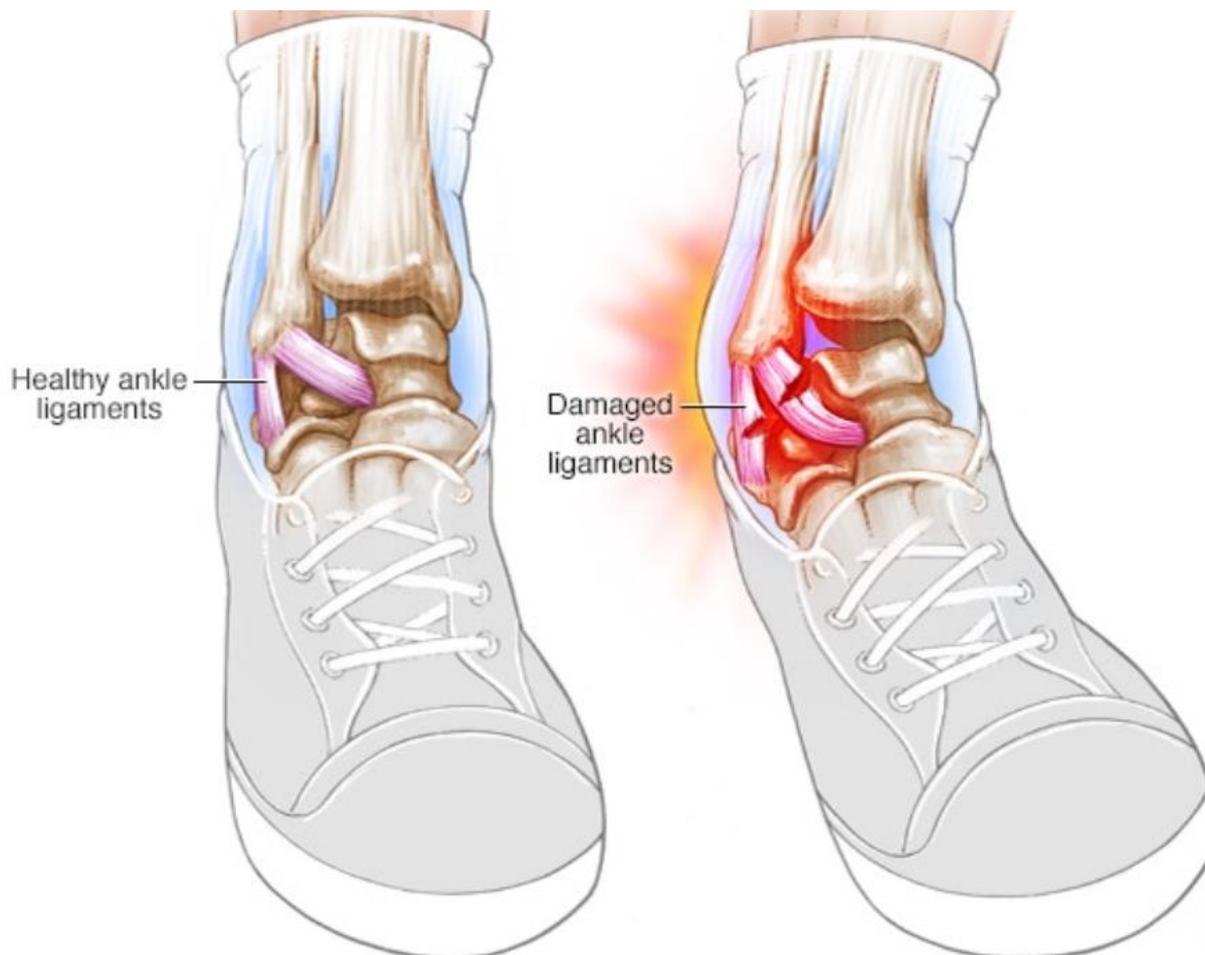
# Ankle Sprain

## Body Part

Ankle

## Condition:

Also known as a rolled ankle or inversion sprain. A sprained ankle is an injury that occurs when you roll, twist or turn your ankle in an awkward way that causes the ligaments to stretch or tear. In severe cases a ligament or tendon can pull a piece of bone off causing an avulsion fracture.



## Summary

Ankle sprains can happen to anyone, whether you're walking the dog or making an intercept playing netball. They are the most common acute musculoskeletal injuries seen by podiatrists or physiotherapists making up approximately 14% of all injuries.

Risk factors for a sprained ankle are:

- Sports participation.
  - Ankle sprains are a common sports injury, particularly in explosive sports that require a lot of direction changes.
- Uneven playing or walking surfaces
- Prior ankle injury.
  - A history of ankles sprains increases risk of it reoccurrence
- Poor physical condition.
  - Poor strength or flexibility in the ankles may increase the risk of a sprain.
- Improper shoes.
  - Poor fitting, inappropriate or old shoes increase instability and increase the risk of ankle sprain.

### Symptoms:

A sharp instant pain on the outside of your ankle is the most common symptom when spraining your ankle. Depending on the severity of the sprain you may in the early stages post sprain also experience:

- Pain, especially when you bear weight on the affected foot
- Tenderness when you touch the ankle
- Swelling
- Bruising
- Restricted movement
- Instability in the ankle

Potential long term complications if the sprain is not properly rehabilitated might be:

- Chronic ankle Osteoarthritis
- Ankle instability
  - Leading to poor balance and falls
- Chronic ankle pain

### Treatment:

Once the ankle is initially sprained RICER and should be implemented for the next 72 hours

- Rest
  - It's important not to put weight on it. So the use of crutches, bracing or a moon boot might be necessary.
- Ice
  - 20 minutes on 20 minutes off
- Compression
  - With a compression sock or sleeve
- Elevation
- Referral
  - See a Podiatrist, Physiotherapist or Exercise Physiologist at Gen Health ASAP.

It's important to try and restore function after the acute inflammatory phase. Via the close monitoring of your chosen health professional at Gen Health you will be guided through an appropriately tailored rehabilitation program. This includes:

- Physical therapy
  - Massage
  - Mobilisations
  - Dry needling
- Bracing
  - Compression
  - Taping
  - Potential moonboot in severe cases
- Footwear modifications/updates
  - Unstable footwear could lead to more ankle sprains
- Orthotics
  - To correct any biomechanical problems
- Specific exercises
  - Theraband exercises
  - Body weight exercises
  - Stretching exercises
  - Balance exercises
- Medication
  - If pain persists analgesics or anti-inflammatories could still be utilised
- Return to exercise program
  - Once deemed fit, your health professional could develop a program to gradually return to physical activity.
- Bracing or taping is recommended in patients who return to sport for approximately 6-12 months. Particularly in patients with severe ankle sprains.

### Prognosis:

Most ankle sprains heal within 2 to 6 weeks, however severe sprains may take as long as 12 weeks.

### Further information:

For further information, please contact our friendly team at Gen Health.

Picture Link: <https://www.mayoclinic.org/diseases-conditions/sprained-ankle/symptoms-causes/syc-20353225#dialogId26432338>