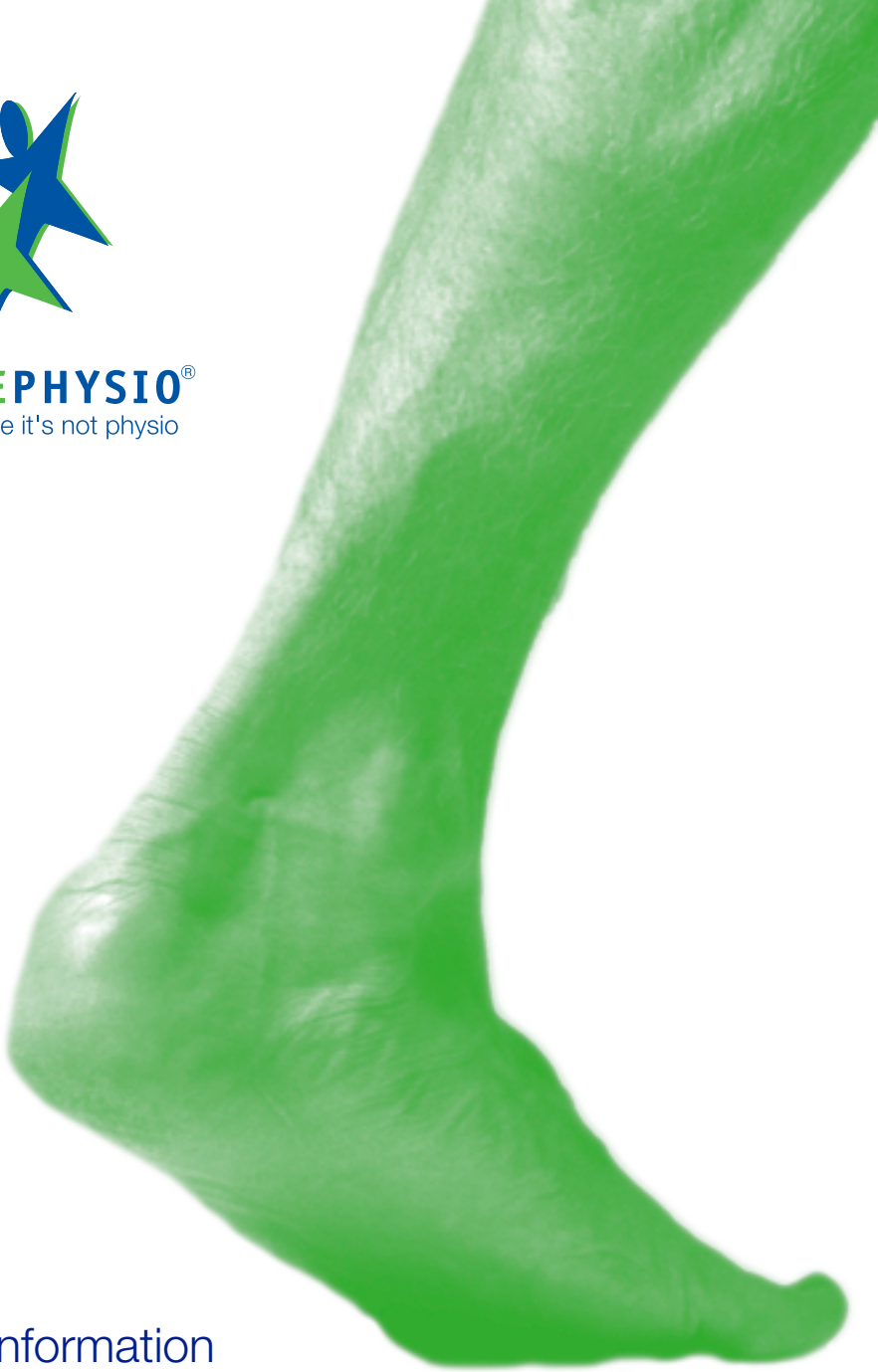




ACTIVEPHYSIO[®]

If it's not active it's not physio



PatientInformation

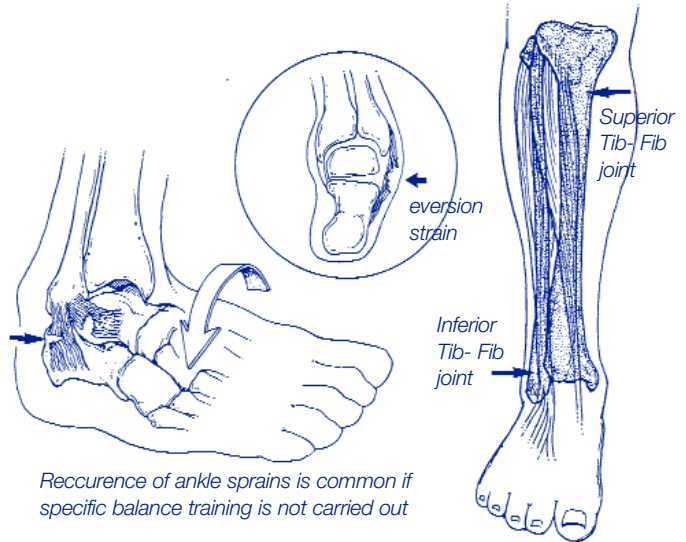
AnkleSprains

The condition

- Ankle sprains
- Lateral Ligament tears
- Medial Ligament tears
- Inferior Tib-Fib joint strain

About the condition

The ankle is most commonly sprained by what is called an “inversion” injury, which means the ankle has rolled over and outwards. This strains the lateral (outside) ligaments of the ankle and the Inferior Tib-Fib joint. The reverse injury an “eversion” strain is less common and involves a greater force that pushes the ankle inwards. This strains the medial (inside) ligament.



Recurrence of ankle sprains is common if specific balance training is not carried out

Usual symptoms include

- Swelling around the ankle joint
- Pain on twisting the foot
- Pain and difficulty walking particularly over uneven ground, running, squatting
- Weakness of the ankle and a loss of balance reactions

What we can do to help

- We use electrotherapy and/or acupuncture to relieve pain, swelling and promote healing of damaged tissue
- We use manual therapy techniques to restore movement at the joints of the ankle
- We progressively strengthen the weakened ligaments and muscles by teaching you specific exercises to improve your balance
- We use tape to support the ankle and prevent a recurrence of the tear
- We teach you how to tape your ankle yourself
- We progressively return you to daily and sporting activities
- We are planning to see you about ____ times over the next ____ week(s)

Your local Active Physio:



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