

Dwight Pain & Injury Center

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(815)584-2225

Dr. Michael Smith DC, DACRB

Affordable chiropractic Care

**Physical Therapy performed by the
Chiropractic Rehabilitation Physician**

Experience the Chiropractic Difference

Rehab, Relief, Recovery

Chiropractic treatment of: **ANKLE PAIN & INJURY**

Among the body's major joints, the ankle is the most frequently injured. In hospital emergency rooms, ankle ligament sprains are the most commonly seen injury to muscles or bones. Participation in sports/aerobics or stepping on uneven ground can sometimes lead to an ankle sprain. An acute ankle injury generally results from a sudden turning outward of the foot while supporting the body's weight, or an external force hitting the body from the side. The quick, extreme pressure placed on the ligaments around the ankle can cause them to stretch and tear. A chronic ankle injury often develops over a long period of time and can occur if the foot's posture is unstable. This weakens the ligaments surrounding the ankle joint, making them more likely to tear and produce pain.

Treatment of an ankle injury and/or ankle pain will generally focus on relieving pain and swelling (if present), restoring full ranges of motion, and strength and coordination training to help prevent recurrence of the ankle injury. An injured ankle will often require manipulative therapy to fully restore proper ankle joint mobility. Both new and chronic ankle injuries require balance and coordination training so that your muscles and joints can prevent over-stretching and injury the next time your ankle begins to turn outward or twist.

A Chiropractor trained in rehabilitation can best determine a prescribed treatment of manipulative therapy and therapeutic exercises suitable for your condition.

For **Help** with your **pain** and **activity limitations**, consider **DP&IC** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Call (815)584-2225 today for appointment. Visit www.DwightChiropractor.com for more.

Dr. Michael S. Smith DC, DACRB, CCEP, CSCS

Affordable, Convenient, & Prompt