

Ankle Sprain & Instability

What is it?

An ankle sprain happens when the ligaments around the ankle are stretched or torn, usually from twisting the foot. Repeated sprains can lead to long-term instability.

Common Symptoms

- Swelling and bruising
- Pain around the ankle
- Feeling of giving way or weakness

Treatment Options

- Mild sprains: Rest, ice, compression, elevation (R.I.C.E), rehab
- Chronic instability: Bracing, physiotherapy, or surgery to repair torn ligaments

When to Seek Help

If the ankle keeps rolling or feels weak, we can help stabilize it and prevent future injuries.