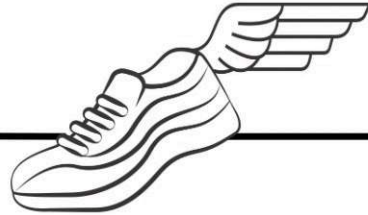




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ANKLE SPRAINS

UNDERSTANDING ANKLE SPRAINS:

- ANKLE SPRAINS OCCUR WHEN THE LIGAMENTS SUPPORTING THE ANKLE JOINT ARE STRETCHED OR TORN, OFTEN DUE TO TWISTING OR ROLLING THE ANKLE.
- SPRAINS CAN RANGE FROM MILD (GRADE 1) TO SEVERE (GRADE 3), WITH INCREASING PAIN, SWELLING, AND DIFFICULTY BEARING WEIGHT AS THE SEVERITY INCREASES.
- SYMPTOMS: PAIN, SWELLING, BRUISING, TENDERNESS, AND DIFFICULTY WALKING OR BEARING WEIGHT ON THE ANKLE ARE COMMON SYMPTOMS.

HOME CARE (RICE PROTOCOL):

- REST: AVOID ACTIVITIES THAT CAUSE PAIN & LIMIT WEIGHT-BEARING ON INJURED ANKLE
- ICE: APPLY ICE PACK FOR 20 MINUTE, TWICE A DAY, TO REDUCE SWELLING AND PAIN.
- COMPRESSION: USE AN ELASTIC BANDAGE TO SUPPORT & COMPRESS THE ANKLE, HELPING TO MINIMIZE SWELLING.
- ELEVATION: KEEP ANKLE ELEVATED ABOVE LEVEL OF THE HEART TO FURTHER REDUCE SWELLING.

REHABILITATION EXERCISES:

- STRETCHING: GENTLE STRETCHING EXERCISES, SUCH AS TRACING THE ALPHABET WITH THE FOOT OR POINTING AND FLEXING THE TOES, CAN HELP IMPROVE FLEXIBILITY.
- STRENGTHENING: ONCE PAIN ALLOWS, BEGIN STRENGTHENING EXERCISES, SUCH AS ANKLE CIRCLES, HEEL RAISES, AND TOE RAISES, TO REBUILD STRENGTH AND STABILITY.
- BALANCE: BALANCE EXERCISES, LIKE STANDING ON ONE LEG, HELP RESTORE PROPRIOCEPTION (SENSE OF WHERE YOUR BODY IS IN SPACE) AND PREVENT RE-INJURY.
- PROGRESSION: GRADUALLY INCREASE THE INTENSITY AND DURATION OF EXERCISES AS TOLERATED AND WORK WITH A PHYSICAL THERAPIST FOR GUIDANCE.

PREVENTING FUTURE SPRAINS:

- WARM-UP: WARM UP BEFORE PHYSICAL ACTIVITY TO PREPARE THE MUSCLES AND LIGAMENTS.
- PROPER FOOTWEAR: WEAR SUPPORTIVE SHOES, ESPECIALLY WHEN ENGAGING IN SPORTS OR ACTIVITIES THAT PUT STRESS ON THE ANKLES.
- ANKLE BRACES: CONSIDER USING AN ANKLE BRACE FOR SUPPORT, ESPECIALLY DURING ACTIVITIES THAT PUT THE ANKLE AT RISK FOR INJURY.
- KT TAPE PROVIDES SUPPORT THAT IS VERY COMFORTABLE AND ALLOWS YOU TO HAVE A GREATER RANGE OF MOTION. THIS APPLICATION ALSO HELPS TO PROVIDE SUPPORT WITHOUT LIMITING YOUR RANGE OF MOTION OR DECREASING YOUR BLOOD FLOW.
- CORTICOSTEROID INJECTION, CAN BE USED TO TREAT PAIN AND INFLAMMATION ASSOCIATED WITH A SPRAINED ANKLE, BUT IT'S NOT A PRIMARY TREATMENT. IT CAN HELP REDUCE PAIN AND SWELLING, POTENTIALLY ALLOWING FOR FASTER REHABILITATION.

DIAGNOSIS:

- X-RAY. DURING AN X-RAY, A SMALL AMOUNT OF RADIATION PASSES THROUGH YOUR BODY TO PRODUCE IMAGES OF THE BONES OF THE ANKLE. THIS TEST IS GOOD FOR RULING OUT BONE FRACTURES.
- MAGNETIC RESONANCE IMAGING (MRI). MRIS USE RADIO WAVES AND A STRONG MAGNETIC FIELD TO PRODUCE DETAILED CROSS-SECTIONAL OR 3-D IMAGES OF SOFT INTERNAL STRUCTURES OF THE ANKLE, INCLUDING LIGAMENTS TO RULE OUT RUPTURE.

SURGERY:

RARELY NEEDED BUT MAY BE CONSIDERED FOR SEVERE, GRADE 3 SPRAINS WITH COMPLETE LIGAMENT TEARS THAT DON'T IMPROVE WITH CONSERVATIVE TREATMENT. SURGICAL OPTIONS INCLUDE ARTHROSCOPY, WHERE A SMALL CAMERA AND INSTRUMENTS ARE USED TO ASSESS AND REPAIR THE DAMAGE, AND LIGAMENT RECONSTRUCTION, WHICH MAY INVOLVE REPAIRING OR REPLACING THE TORN LIGAMENTS WITH SUTURES OR TENDON GRAFTS.