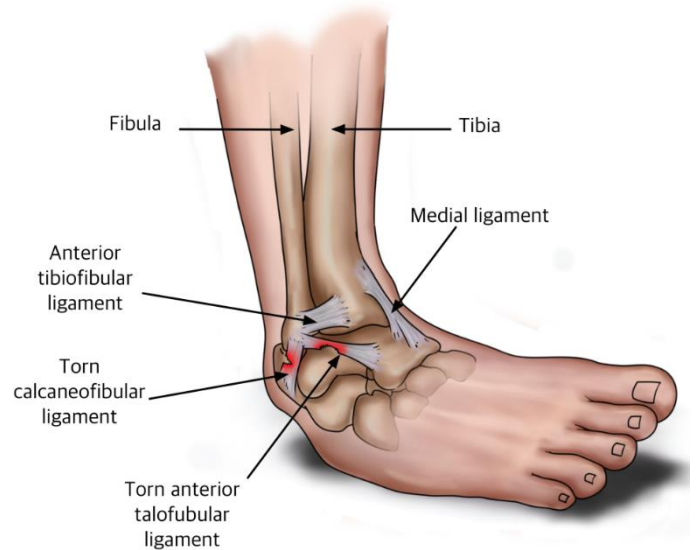


Lateral Ankle Sprains

What is an Ankle Sprain?

The ankle joint consists of the bones of the leg and the foot: the shin bone (tibia), the thinner bone running next to the shin bone (fibula) and the talus bone that sits above the heel (calcaneus). Ligaments are the structures that connect bones to one another while tendons connect muscles to bones. Ankle sprains are caused when the ligaments of the lateral ankle, primarily the anterior talofibular ligament (ATFL) and or the calcaneal fibular ligament (CFL) are stretched when the ankle rolls inward. Although ankle sprains can affect the inside of the ankle as well, this is less common.



What are the risk factors for Ankle Sprains?

Participation in sports that require jumping or running as in basketball, volleyball or soccer increases the risks for ankle sprains, especially if the sport is played on uneven surfaces. Another factor is a prior injury of the same area, especially if the condition has not been properly treated and regained its full strength or range of motion.

WHAT ARE THE SYMPTOMS?

- Tenderness
- Pain
- Swelling
- Bruising
- Decreased range of motion in the affected area
- Inability to put weight on the affected ankle

WHAT ARE THE TREATMENT OPTIONS?

In our office, we offer a comprehensive approach to treating Ankle Sprains including:

- Chiropractic Adjustments: Realigning the bones of the ankle, and foot to help improve function and reduce stress on the affected ankle.
- Light Graston Massage to reduce swelling and bruising.
- RockTape to help pain, inflammation, and stability of the ankle
- Therapeutic Exercise: rehabilitation that focuses on regaining pre-injury strength, range of motion and stability.
- Supplements: Including Saligesic for pain, Ligaplex 1 for tissue repair, and Boswellia Complex for decreasing inflammation.
- Ice: Applying ice to the affected area to reduce inflammation and pain.
- Initially wearing an ankle brace to help during the day or night.

Prevention Strategies

- Perform exercises to strengthen and stretch the ankle and foot muscles, especially the muscles that stabilize the ankle.
- Use self-myofascial release techniques to the calves, and foot regularly.
- Undergo a Functional Movement Exam with an Injury Risk Assessment to identify and address potential issues that could lead to increased risks of developing injuries like carpal tunnel.

By following these guidelines, you can manage lateral ankle sprains effectively and prevent its recurrence.



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