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Print for Yourself & Friends!

(815)467-0656 Minooka

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Dr. Michael Smith DC, DACRB

Cash or Credit Fee Schedule

\$25 Exam

\$30 Spinal or Extremity Adjustment

\$35 Acupuncture

\$25 Massage \$10/\$30 Dry Needling

\$175 Custom Foot Orthotics

Walk-In, No Appointment

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 care for your condition. If you suffer from ankle pain, consider an expert chiropractic evaluation today at Chiro25,Ltd to see if we can get you the relief you deserve!

For **Help** with your **pain** and **activity limitations**, consider **Chiro25** 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.

Stop by today or visit our website at www.MyChiro25.com for more practice info.

Michael S. Smith DC, DACRB, CCEP, CSCS

Affordable, Convenient, & Prompt