

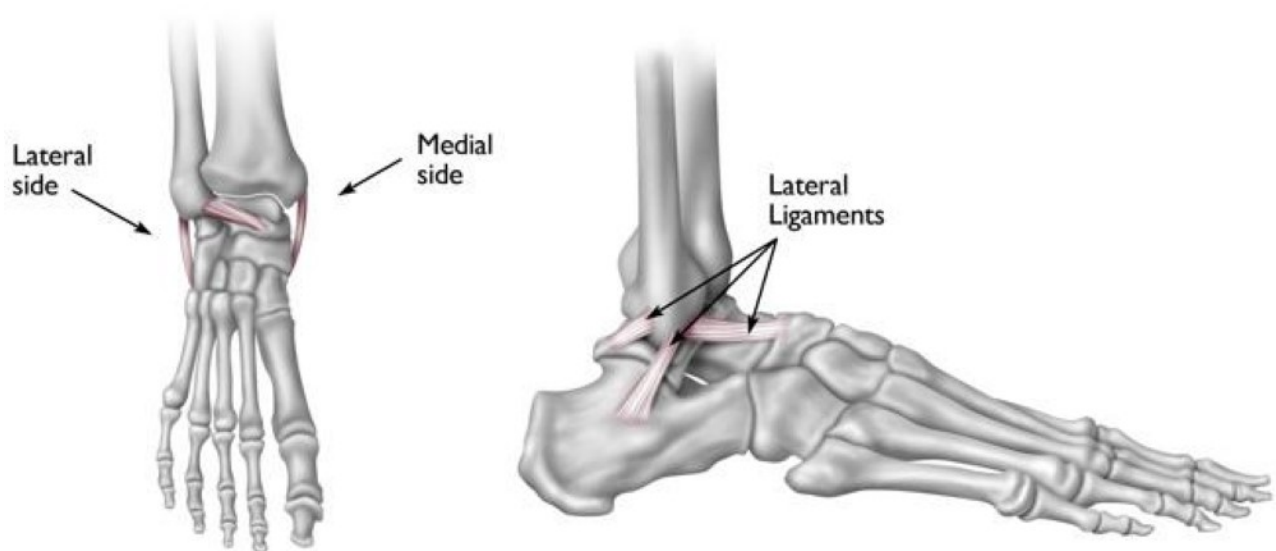
ABOUT INVERSION ANKLE SPRAINS

HISTORY

- Ankle rolls inward causing stretch/tear to ligaments, usually through acute trauma
- Multiple ankle sprains
- Proprioceptive deficits (poor balance)
- May be recurrent due to improper rehabilitation of initial incident

SIGNS & SYMPTOMS

- Pain, especially with weight bearing
- Tenderness to touch
- Swelling
- Bruising
- Restricted range of motion
- Ankle instability



ANATOMY

The ankle contains 3 joints and many supporting ligaments. Inversion sprains occur when the ankle rolls inward causing damage to the ligaments of the outer ankle. Different ligaments can be damaged to differing degrees, depending on the severity of the injury.



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1.Pain Management

Ice + elevation. With any injury that is acute (<7 days) it is important to follow the RICE method. This method includes **Rest, Ice, Compression, Elevation.** If you notice significant pain and/or swelling, make sure you ice your ankle. This can be done 3-4x per day for 10-15 mins at a time. Give 60-90 minutes between icing sessions.



2.Mobility

To perform **knee to wall**, stand with the toes of one foot against the wall and step back slightly with the other foot. Bend the front knee towards the wall, and then straighten back to start position. If this is easy, move your toes further away from the wall. Perform 5 reps for 10 seconds.



3.Strength

To perform **heel raises**, stand with feet hip width apart. While engaging the core and glute muscles, raise up onto the balls of your feet with control. Then lower down to start position, using a wall or pole for support. If this is easy, progress to single leg heel raises. Perform 3 sets of 10 reps.



4.Functional/Sport

Single leg hops can be performed by standing on one leg. Hop on one leg, being sure to land lightly on the ball of the foot and allowing a slight bend in the knee to reduce impact. Keep the torso upright while hopping, and engage the arms to assist with the movement. Perform 3 sets until fatigue each side.

