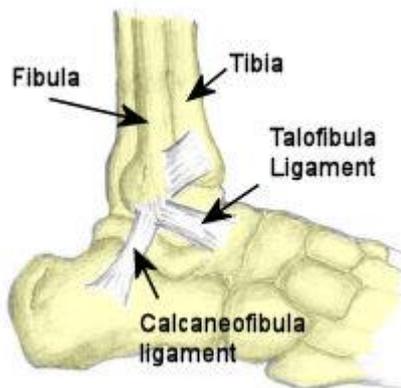


Ankle Injuries

The ankle is one of the most commonly injured joints. Whether it is due to a sporting injury or simply a slip whilst walking 90% of ankle sprains occur when the ligaments on the outside of the ankle are damaged. This is known as the lateral side of the ankle, hence it is termed a lateral ligament sprain. This is usually due to an 'inversion' injury, or rolling your ankle inwards.

Ligament sprains can be graded from grade 1 to grade 4, this helps us to predict your recovery. Your physiotherapist will advise you on the grade of your sprain and when it is likely that you will be able to return to sport.



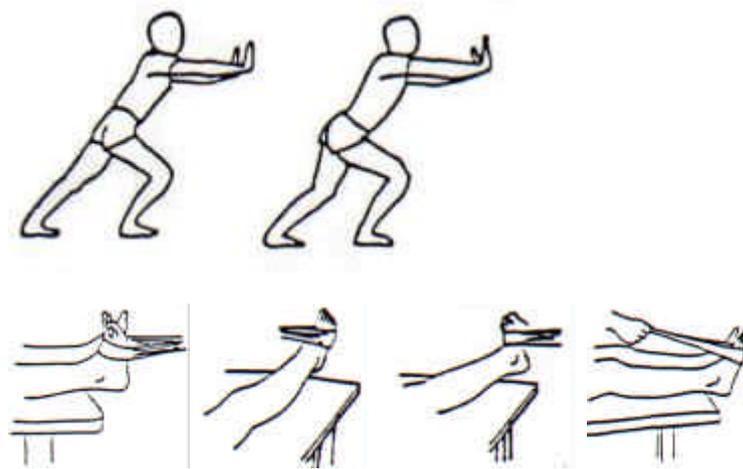
With grade 2 -4 injuries there is increased laxity or give in your ankle joint making it less stable. It is important to rehabilitate your ankle correctly to avoid chronic ankle weakness and instability. Return to sport too early can result in further injury and a longer recovery.

Initial management

- Immediately after injury it is important to follow the RICE regime. This is Rest, Ice, Compression and Elevation.
- You should continue to ice your ankle for 10 -15 minutes every 2-3 hours for the next 2 days after the injury.
- Walk as normally as possible on the ankle, even if you are using crutches, using heel toe walking pattern
- Start range of movement exercises trying to move your foot up and down and side to side as pain allows.
- If you are unable to take weight on your foot 2 hours after the injury an x-ray may be indicated.
- Seek treatment from your physiotherapist who will advise you on further exercises and management.

REMEMBER YOU CAN COME STRAIGHT TO YOUR PHYSIOTHERAPIST AFTER AN INJURY, YOU DO NOT NEED TO SEE YOUR DOCTOR FIRST. YOUR PHYSIOTHERAPIST IS ALSO ABLE TO REFER YOU FOR AN X-RAY IF IT IS INDICATED.

Exercises; (back page)



Balance Exercises include:

- Standing on one leg
- Standing on one leg with eyes closed
- Standing on one leg, looking over each shoulder
- Standing on one leg raise arms up over head and circle
- Standing on one leg raise up and down on toes
- Standing on one leg, throwing and catching a ball
- Balance on a wobble board, two feet, one foot
- Balance on a wobble board and throw and catch a ball
- Hop in a circle
- Walk in a straight line
- Walk on toes
- Walk on heels
- Balance on one leg in a $\frac{1}{4}$ squat
- Hop in a figure of eight