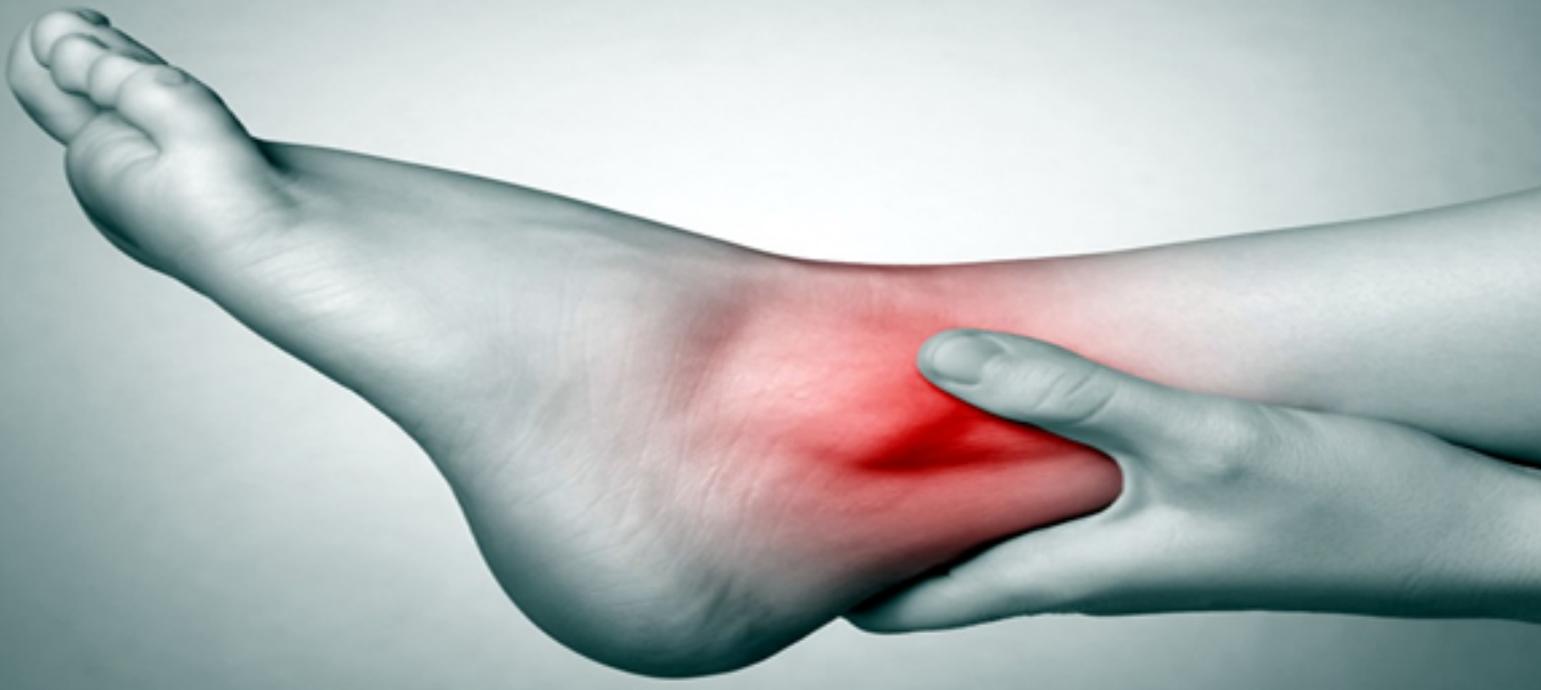
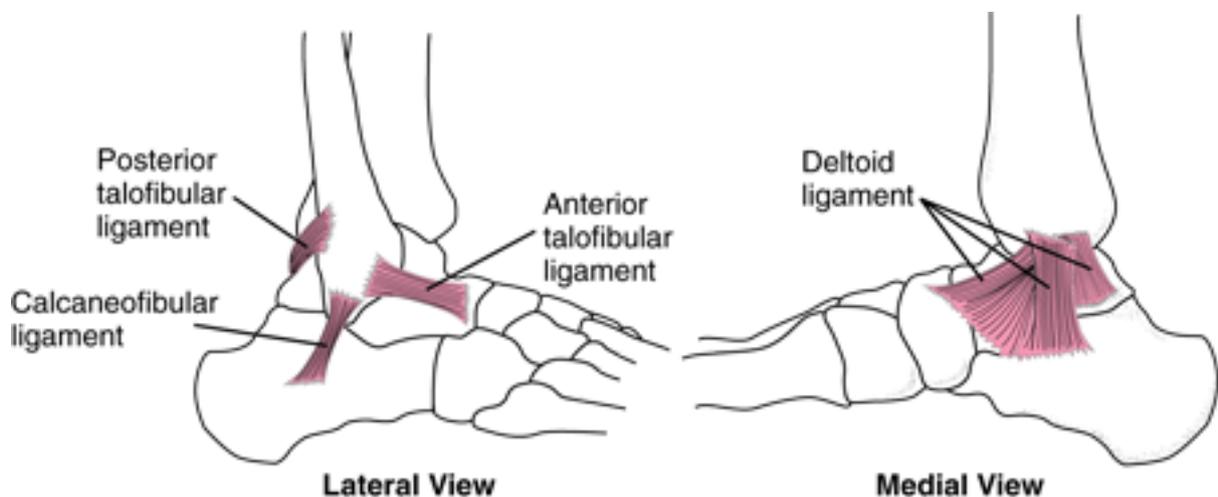


# ANKLE INJURIES



## How does the ankle work?

The ankle is supported by 3 strong ligaments on the outer side and one larger ligament on the inside. The ankle is balanced by muscles on either side and also anteriorly and posteriorly. The body senses when the foot is tipping to one side or the other and activates the correct muscles to help straighten and correct any imbalance. The ankle is integral to our ability to walk, run & exercise.



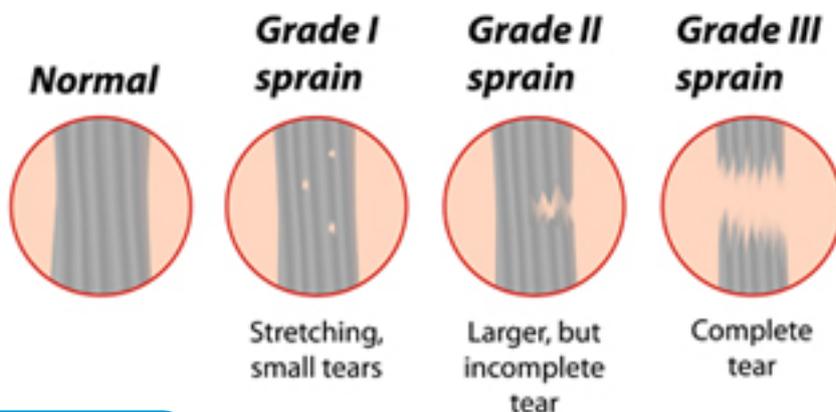
## How does the ankle get injured?

If the ankle starts to twist inwards or outwards the body sensors activate the tendons around the ankle to pull the foot straight. If the tendons do not react quickly enough or the force is too great to stop, then the foot will continue to turn rapidly injuring the structures around the ankle. Most commonly the ligaments on the outside of the ankle.

## What gets injured?

The most common ligament to be injured is the one on the outside/front of the ankle. If the injury is severe it can break the ligament away from the bone, or push the ankle joint apart. The tendon can also pull away from the bone and the overlying tissue that anchors it down can be disrupted. These severe injuries require hospital treatment. A simple ligament injury usually heals completely with rest and offloading. However the sensors within the ankle and ligaments may be disrupted, so the tendons cannot contract quickly enough to protect the ankle from further sprains making future injury more likely.

### DIFFERENT GRADES ANKLE SPRAIN



## What treatment is available?

If you are concerned, have a current injury or regularly sprain your ankle please seek the advice of our expert mhealth Podiatrist who can help with taping, functional training/rehabilitation and orthotics.

## What treatment is available?

It is important to follow the acronym RICE (rest, ice, compression and elevation) immediately after a sprain to prevent swelling and stiffness. Use crushed ice in a plastic bag over a thin layer of cloth. If this is not available, put the foot in cold water. Apply for 20 minutes every 2 to 3 hours for the first 48 hours. Use anti-inflammatory drugs such as Ibuprofen as long as you are medically suitable. Crutches may be used, but make sure they are fitted properly. Air-filled or gel-filled ankle braces that restrict side to side movement but allow up and down movement are also useful. To have your ankle injury properly assessed and managed book with our mhealth Podiatrist today!

## But I didn't have a sprain, why is my ankle sore?

Some foot postures cause pressure on the outside of the ankle. The uneven wear can cause damage to the ankle joint. Damage to the tendons can occur if they are required to overwork. Pain in the ankle can be due to other factors such as rheumatoid arthritis that may require investigation. Your mhealth Podiatrist will advise if this is necessary and investigate further .