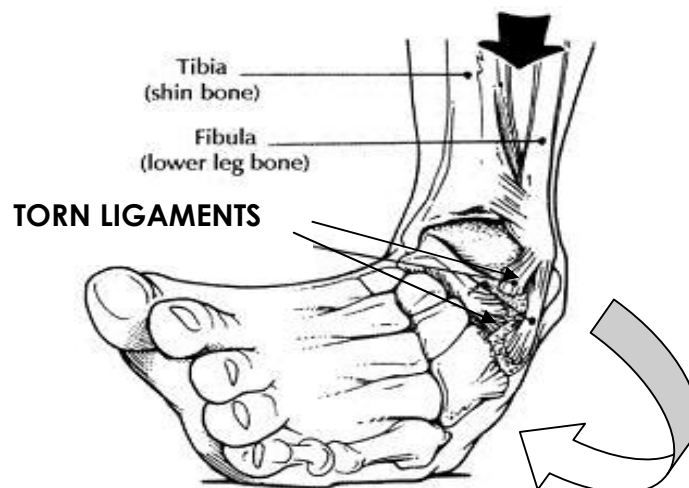


ANKLE INJURIES

Ligament injuries around the ankle are among the most common sporting injuries, especially in those sports that involve twisting or jumping.

Most commonly, the foot is forcefully rolled inwards at the ankle, injuring the ligaments across the outside and front of the ankle, known as an inversion injury. There is relatively less ligamentous and bony support on the outside of the ankle compared with the inside, which is why it is more commonly injured.

Injury occurs when the ligaments are forcefully stretched past their normal length such that they are sprained or ruptured. Swelling and bruising are the body's natural response to injury, and the extent to which your ankle bruises and swells may be an indicator of the severity of the injury.



What can I do to speed up my recovery?

- DON'T WAIT TO GET BETTER!

Ph: (03) 9682 6029 **Fax:** (03) 9682 9278 **Address:** MSAC Box 7 Aughtie Drive, Albert Park Vic 3206

Web: www.lakesidesmc.com.au ABN 8950 3418 696

It is important to limit the bleeding and swelling as early as possible. The accumulation of blood slows down the healing process dramatically.

The treatment of an ankle joint sprain depends on the severity on the injury and the structures involved in the injury. As soon as the injury occurs, you should:

Follow the RICE regimen:

- **R**est the ankle as much as possible
- **I**ce the injured area
- **C**ompress the area
- **E**levate the ankle

This will help to minimise the damage and speed up the recovery process.

You should begin to start putting some weight through the foot as soon as you feel comfortable, as this helps the injured ligaments to repair.

What will physiotherapy do for me?

An untreated ligament injury can delay the recovery process, or lead to permanent instability and recurrent sprains. This can hinder sporting performance and daily activities.

Your Lakeside physiotherapist will help optimise your recovery time and return to activity, with a comprehensive rehabilitation program. This will begin as soon after the injury as possible, and continue on until your personal or sporting goals are met.

If you have any queries, please don't hesitate to contact Lakeside on 9682 6029.

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