

Improving Patient Outcomes: **Build strength and find relief from ankle sprains.**

Don't ignore an ankle sprain. Physiotherapy will prevent recurrent sprains and even long term serious consequences.

If one of your patients presents at your clinic with a sprained ankle, please don't ignore it and tell them that it will get better with rest. If left untreated, an ankle sprain can lead to instability, chronic pain, loss of movement, swelling, and potentially even arthritis. The recovery process is generally relatively quick (4 to 6 weeks), but this injury can have serious consequences if one tries to walk it off.

Most importantly, the highest risk factor for recurrent ankle sprains is a history of a previously untreated ankle sprain.

Depending on the severity of the injury, patients can experience a range of symptoms that can severely limit their ability to perform daily activities. This includes pain when walking, running or even just putting weight on the injured ankle if the tear is severe.

Early Physiotherapy  **Early Recovery**

**Pain Relief & Early movement —
Limit swelling, bruising and stiffness**

Like all injuries the sooner we see a patient after the injury the better. A significant degree of the pain experienced after an ankle sprain is associated with joint stiffness and oedema. Our hands on physio treatments will minimise and resolve stiffness.

In combination with various electrotherapeutic modalities such as intermittent pressure therapy, ultrasound and interferential we can also help reduce swelling & inflammation even faster which in turn helps to avoid the formation of excessive adhesions and scar tissue.

We will also provide patients with appropriate compression tubular bandages for day-to-day wear.

Treatment Protocol

Phase One **Protection**

We conduct a thorough review of the patient's symptoms and their history. This includes the following:

- Comprehensive injury assessment to rule out joint or bone-related complications.

Phase Two **Movement**

We create a tailored program to help patients recover from the initial pain and discomfort of their injury. This includes the following:

- Ankle Joint Mobilisation
- Soft Tissue Releases and Stretches
- Depending on the severity, some support in the form of a brace or taping to support the ankle during recovery

Phase Three **Restore**

As soon as initial symptoms ease, we will develop a strengthening and proprioceptive program that will address any weakness, loss of balance and lack of mobility. This program could include the following:

- Squats and lunges
- Balancing and catching activities
- Functional strengthening exercises
- Return to all normal daily or sporting activities

Our expert team of physios at 360 Physio will make a difference, minimising long-term damage and the need for medication.

Summary

At 360 Physio, our treatment philosophy is to **“Remove, Restore and Redefine.”**

Working with our expert team of physiotherapists in the management of ankle injury, your patient's symptoms can be effectively treated ensuring they return to their full functional capacity and minimise the possibility of long-term complications or reoccurrence.



Contact us to find out more about how we can help your patients reach their potential.

Call (02) 9774 2530

References

Garrick, JD. The frequency of injury, mechanism of injury, and epidemiology of ankle sprains. The American Journal of Sports Medicine, Volume 5, Issue 6, 241-2. 10.1177/036354657700500606

Sanford Orthopedics Sports Medicine. Ankle Sprain Rehabilitation Guide.

<https://www.sanfordhealth.org/-/media/org/files/medical-professionals/resources-and-education/014000-01095-flyer-ankle-sprain-rehabilitation-pt-guideline.pdf>