



FOOT NOTES

ANKLE SPRAINS

Ankle sprains are an injury to the ligaments of the ankle joint. The ligaments are tough bands of tissue attached to the bones below and above the ankle joint. They provide support and stability to the ankle joint during daily activity and are susceptible to injury during sporting activity.

There are two main ligamentous structures that can be injured in the ankle. One set is located on the outside (lateral) part of the ankle and the other on the inside (medial) part of the ankle.

CAUSES

An ankle sprain occurs when the ankle is forced outwards or inwards beyond its normal range of motion.

DIAGNOSIS

Ankle sprains can be diagnosed by your Foot Specialist based on history and physical examination.

Grades of Ligament Injury

Grade I: minor ligament stretching

Grade II: moderate severe ligament stretching

Grade III: complete ligament tear

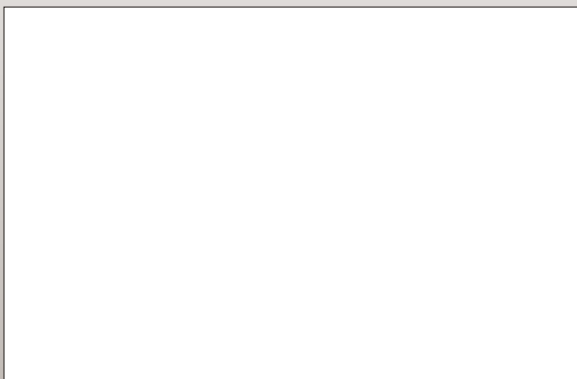


TREATMENT

Consulting your Foot Specialist as soon as possible is essential in order to protect the joint and minimize further damage. Your Foot Specialist will usually follow the P.R.I.C.E guidelines.

- P** protect the joint with a splint/brace
- R** rest the joint , avoid weight bearing.
- I** ice the injury
- C** compress the ankle with tensor wrap
- E** elevate the ankle to reduce swelling

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