



UNDERSTANDING ANKLE SPRAINS

*Understand your condition.
Know your next steps.*

Anatomy of the ankle

The ankle joint is made of a complex assortment of bones, muscles, tendons, and ligaments. On the medial (inside) side of the ankle, the deltoid ligament prevents the ankle joint from rolling out (eversion). Meanwhile, on the lateral (outside) aspect of the ankle, there are three separate ligaments that prevent the ankle from rolling in (inversion). If the ankle is stressed beyond its normal end range of motion, the ligaments can be sprained. Certain bones of the ankle and foot can become fractured if the injury is severe.

What are the symptoms?

Symptoms of an ankle sprain vary in presentation and severity, and this list should only be thought of as a generalization.

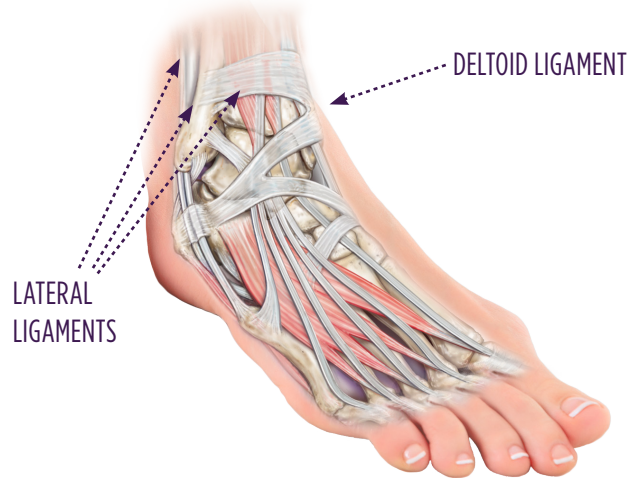
- » Pain, swelling, and bruising
- » May be difficult to bear weight on the injured leg, making it painful to walk.

The severity of your symptoms will depend on the degree of injury to the ligaments.

- » **First-Degree:** Stretching of the ligaments without any tearing or significant laxity.
- » **Second-Degree:** Stretching of the ligaments with partial tearing of the fibers, resulting in mild to moderate laxity.
- » **Third-Degree:** Complete rupture of the ligaments and significant laxity.

How does my specialist diagnose it?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may also recommend an MRI scan to evaluate for injuries to ankle cartilage or tendons around the ankle that can also be injured during an ankle sprain.



What are the treatment options? What does my specialist recommend?

Your ankle specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

| TREATMENT | DESCRIPTION | MY NEXT STEP |
|---|---|---|
| <input type="checkbox"/> SELF-CARE | <p><i>Many ankle sprains heal routinely without any advanced care.</i></p> <p><i>Rest:</i> Modify activities as your symptoms allow. Some patients may need a crutch or walking boot for activity to be comfortable.</p> <p><i>Ice:</i> Putting a bag of ice on your ankle for twenty minutes five to six times a day can limit swelling and help control pain.</p> <p><i>Compression:</i> Wrapping an Ace bandage from your toes up to your calf can prevent swelling.</p> <p><i>Elevation:</i> Elevate your leg as high into the air as possible and use gravity to let the swelling drain from your ankle.</p> | Contact the patient coordinator if symptoms do not improve (651) 968-5201 |
| <input type="checkbox"/> PHYSICAL THERAPY | Physical therapy has been shown to speed up the recovery process for ankle sprains. Your therapist will work with you to improve your strength and motion, and to teach you how to protect yourself from future injury. | Set up a physical therapy appointment (651) 968-5600 |
| <input type="checkbox"/> BRACING | A brace worn during activity can provide support to the ankle and help keep it aligned. Some patients may need a boot immediately after an ankle sprain, while others may be able to use a brace. | Set up an appointment (651) 968-5201 |
| <input type="checkbox"/> WELLNESS | Start with a free wellness consult to explore your goals and what tools are available to you. | Set up a wellness consultation: (651) 968-5766 |
| <input type="checkbox"/> INTEGRATED PHYSICAL THERAPY AND WELLNESS | Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential. | Set up an integrated consultation: (651) 968-5766 |

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APPOINTMENTS (651) 968-5201