

# FRANCE-SHELTON FOOT HEALTH CENTRE

## Treatment of Ankle Sprains

### Acute Ankle Sprains

The immediate treatment consists of restricting your activity to rest the injured ankle. Next, apply cold (ice-pack, chemical "ice pack," frozen peas or a moist facecloth with ice cubes wrapped in it) directly to the outer side of the ankle for repeated 20-minute-on and 40-minute-off cycles. Third, compress the area with some form of elasticated wrap or tubigrip®. Finally, elevate the involved ankle above the level of your heart. This will help to reduce the swelling and pain.

If a fracture (not displaced or breaking through the skin) of the fibula is diagnosed at the time of your injury, then your ankle (and lower leg) will need to be immobilised for a period of about six weeks. This can take the form of a plaster or fibreglass cast. Alternatively, we prefer using an AirCast® since this is typically more comfortable, conforms exactly to your leg and avoids the excessive skin scaling and dryness associated with other techniques. If the fracture is severely displaced and/or protruding through the skin, an orthopaedic surgeon will most likely need to repair it surgically, followed by immobilisation.

### Ankle Injury Rehabilitation

Following the immobilisation of any joint, patients typically experience considerable stiffness in that joint. This can be managed using a variety of physical therapy modalities including exercises, massage, ultrasound treatments and possibly a brief course of oral anti-inflammatory medication. Return to normal activities should be gradual; return to sporting activities should be even more gradual with the use of some form of ankle support in the early stages.

### Chronic Ankle Sprains

If you've experienced repeated ankle sprains, this may be indicative of some form of biomechanical and/or muscular abnormality. Because with each successive ankle sprain you continue to weaken it (making it more susceptible to repeat injuries), it's best to have the underlying cause diagnosed and treated. Furthermore, we typically prescribe a series of exercises that, when performed regularly, can actually decrease the likelihood of future sprains (if biomechanical abnormality is corrected as well). To learn more about our biomechanical assessment, [click here](#).

*Make an appointment to get the treatment you need - Call 0121 384 3244*

***Your foot comfort is our business...our only business!***

1st & 2nd Floors, 390 Birmingham Road, Sutton Coldfield, West Midlands B72 1YJ

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