

PROTECT
REST
ICE
COMPRESSION
ELEVATION

TREATING INFLAMMATION WITH P.R.I.C.E

This treatment is relevant immediately after injury and for about 3-5 days afterwards. Tissue injury usually involves damage to small blood vessels which results in bleeding at the injury site. This leads to the 5 signs of inflammation: heat, redness, swelling, pain and loss of function. This inflammatory reaction is necessary but is sometimes greater than optimum, resulting in an over-production of scar tissue which may lead to reduced flexibility and increased re-injury risk. Protect the injury by resting as much as possible. Wrap ice (or frozen vegetables) in a damp cloth and apply to the injury for 10-15 minutes every 1-2 hours if possible. If the swelling is severe use a compression bandage and keep the injury elevated where possible to reduce the effect of gravity on the swelling.

FIND A PRACTITIONER

- Association of Chartered Physiotherapists in Sports Medicine
<http://spxj.nl/1Mnt9hD>
- General Osteopathic Council
<http://spxj.nl/1MCDbal>
- British Chiropractic Association
<http://spxj.nl/1SvcOZd>
- The Sports Massage Association
<http://spxj.nl/1MMCpOV>
- British Association of Sports Rehabilitators and Trainers
<http://spxj.nl/1MfYpMe>
- Society of Sports Therapists
<http://spxj.nl/1NgPs4W>

CONTACT DETAILS

OTHER INFORMATION

WHO IS SPORTEX CO-kinetic

We specialise in producing information for medical, health and exercise professionals on the subject of exercise, health and musculoskeletal injury. This includes subscription publications for practitioners and advice handouts for the public. All our material is written and reviewed by leading medical professionals. For more information visit www.co-kinetic.com or telephone +44 (0)845 652 1906.

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Exercises for ankle sprain



YOUR INJURY

An ankle sprain is an injury to the ligaments lying on the outside of the ankle joint. The injury occurs frequently in both sporting and non-sporting situations. The dual role of the ankle in weight-bearing and in movement make it particularly susceptible to injury. Ligament damage can vary widely in its severity.

- Grade 1 - mild sprain with no instability
- Grade 2 - partial tear with mild instability
- Grade 3 - ligament rupture with significant instability

Injury to ligaments will cause pain and inflammation and possibly limit future function if correct rehabilitation is not carried out.

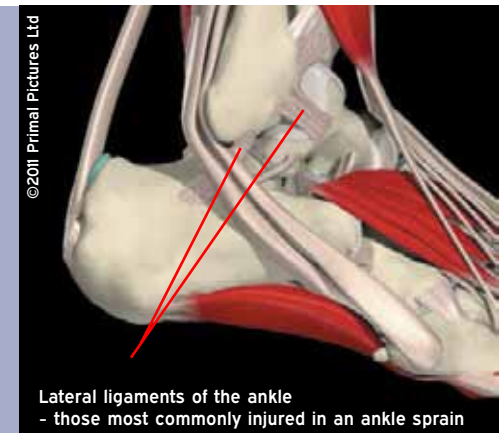


Diagram showing the lateral ligaments of the ankle

THE FIRST 48 HOURS

If there is significant injury, it is important to get medical advice to gain a positive diagnosis and correct treatment. Follow the PRICE guidelines on the back page immediately after injury and for up to 3-5 days afterwards before doing anything else.

Produced by

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Advice handout

Ankle sprain

YOUR REHABILITATION PROGRAMME

This programme has specific exercises to help stretch and strengthen muscles which may be weak. It is really important to ensure the exercises are performed with good technique and good postural control. Make sure to repeat the same number of exercises on both legs. Make sure you are pain-free at all times and take care not to progress too quickly. We have given suggested sets and repetitions, but everyone is different so your practitioner may give guidance that is more specific to you.

STRETCHING EXERCISES



DORSI AND PLANTAR FLEXION STRETCH

Sit with your legs stretched out in front of you and one knee bent. With a rolled up towel placed under your affected ankle to raise your heel off the floor - point your toes away from you and then flex them up so they point towards the ceiling.

SETS	REPS
1	5



EVERTOR STRETCH

Sit on a chair with your affected ankle resting on the knee of your other leg. Take hold of your affected ankle and gently rotate it so that the sole of your foot is facing upwards towards the ceiling. You should feel a stretch in the muscles on the outside of your affected leg. Hold for 20-30 seconds.

SETS	REPS
1	5



GASTROCNEMIUS STRETCH

Lean against a wall or chair for support, take a small step forward with one leg, stand with both heels in contact with floor. Bend the front knee (keeping the back knee straight) and your head up and hips forward. You should feel a stretch in your calf. Hold for 20-30 seconds.

SETS	REPS
1	8



SOLEUS STRETCH

Keep the same position as above but bend the back knee (instead of keeping it straight) while keeping the heels on the floor. Again you should feel this stretch in your calf area, although this stretches a different muscle. Hold for 20-30 seconds.

SETS	REPS
1	8

WARM UP AND COOL DOWN

If muscles are tight, weak or injured, it is particularly important to warm up (unless advised otherwise by your practitioner) for 5 minutes before you start your exercises. This increases your circulation and helps prepare the muscles for the activity to come. When you have finished your exercises, end the session with a 5 minute cool down to allow your heart rate to slow down gradually. It is important the ankle is healing before beginning these exercises. A clinician will advise on this.

STRENGTHENING AND BALANCE EXERCISES

continued overleaf



ANKLE FLEXION WITH A BAND - STRENGTHENING EXERCISE

Attach a Theraband to a piece of securely placed furniture in front of you. Then tie the other end around the toes of your affected foot. Sit down far enough away so that the resistance on the band is sufficient and then flex your foot so your toes point to the ceiling.

SETS	REPS
3	15



INVERSION WITH A BAND - STRENGTHENING EXERCISE

This time attach the band to something at 90 degrees to your leg as in the picture. The resistance needs to be sufficient so that you feel your muscles working. This time invert your ankle so the sole of your foot is facing your other ankle.

SETS	REPS
3	15



SINGLE LEG BALANCE - BALANCE EXERCISE

Stand on your injured leg and balance for 15 seconds. When you can achieve this comfortably progress to holding your arms out to the side while balancing on the injured leg and then progress to closing your eyes.

SETS	REPS
3	15



SINGLE LEG BALANCE WITH LEAN - BALANCE EXERCISE

This exercise is similar to the one above however this time lean forward while you balance on your leg. Start with holding the balance for 15 seconds and progress to one minute.

SETS	REPS
3	15