

Booking a consultation

The clinic aims to be as flexible as possible offering appointments to suit individuals. Daytime and evening consultations are available depending on the day.

Children under the age of 16 must be accompanied by a parent/guardian to consent for treatment.

Map



Contact Details

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ANKLE SPRAIN



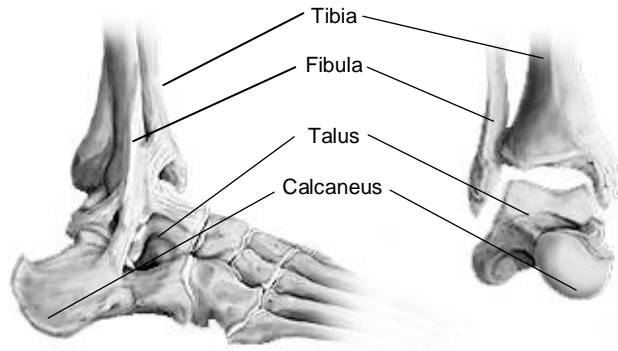
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Introduction

Ankle injuries are common in activities that involve running, jumping or sudden changes in direction, therefore if you participate in sports and other physical activities you will be at a higher risk of sustaining an ankle injury.

Anatomy

The ankle is a complex type of hinge joint that is formed from the articulation of several bones.



Bones that form the ankle joint are important in ensuring structural stability, however in certain positions of bony alignment the ankle can be rendered more unstable (i.e. with the foot pointing down and inwards)

Ligaments are fibrous bands which join two or more bones together and act as restraining straps to prevent unwanted movement.

Tendons are a cord like tissue by which muscles attach to bone. Through a muscular contraction they pull on their bony attachment to enable movement at a joint. Around the ankle they play an important role in ensuring dynamic stability of the joint during demanding activities like running and jumping.

Acute Ankle Sprains

Ankle ligament sprains commonly occur in sporting and military populations. A sprain occurs when there is an overstretching of a ligament and a joint is forced beyond its normal range of movement.

Ankle sprains mainly occur when the ankle and foot is forced into a plantarflexed (ankle and toes pointing down) and inverted (foot goes in) position.



Symptoms

After injury the ankle could present with a wide range of different symptoms, depending on the severity of the injury, however the main features to look out for are:-

- Pain
- Swelling
- Redness or discoloration
- Heat
- Reduced movement

It may also be difficult to walk or participate in normal physical activities or sports.

After the injury

If after injuring the ankle there is severe pain, immediate swelling and an inability to bear weight through the ankle, then you may need to visit the nearest Accident and Emergency unit to rule out the possibility of a fracture.

If the injury does not require immediate attention, but still causes pain, swelling, and disability then you should visit a GP or Physiotherapist, as you may require further advice and rehabilitation. As a general rule it can take 6-8 weeks to make a full recovery, depending on the severity of the injury.

1st Aid Treatment

Sprains to the ankle can be treated at home in the initial 48 hours with the **PRICE** regime:-

- **Protection** – Protect the ankle from further injury with use of a brace or using crutches.
- **Rest** - two days of relative rest to prevent provocation of injured tissue.
- **Ice** - apply an ice pack to the injured area for between 10 and 20 minutes. The ice must not touch the skin directly as this may cause a cold burn, so place a towel over the injured part first.
- **Compression** – A compression bandage can limit swelling and help restrict movement.
- **Elevation** - raising the leg to a comfortable elevated height can help reduce swelling.

After 48 hours the aim is to restore the normal movement of the ankle joint. You may need to see a physiotherapist at this stage to assist in the restoration of normal ankle function.