

Ankle Sprains



An ankle sprain is an injury to one or more of the ligaments of the ankle. Ligaments hold the bones together. A sprain is different from a strain, which is an injury to a tendon.

Sprains occur when a joint is forced past its normal limits or ranges. i.e. Rolling you ankle

Ligaments are limited in blood supply as compared to muscles, and as a result take a relatively long time to heal. Sprains may take from 4 to 16 weeks to heal.

Sprains are graded from one to three:

1. A grade one means that the ligament is slightly stretched and only some of the fibers are torn.
2. A grade two means that more of the fibers are torn or that several, but not all are torn.
3. A grade three usually indicates that all of the ligaments have been completely torn.

A sprain initially results in swelling, and immobilization or support helps the first stages of healing along with ice.

The ligament gradually repairs itself and gains strength and the joints regain support. The scar tissue usually is not as

strong as the original ligament and the joint may remain with some instability.

Physical Therapy

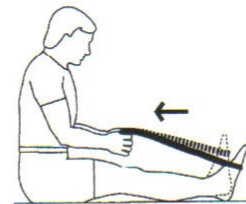
Physical therapy can help in the rehabilitation of ankle sprains in several ways:

1. Initially, modalities such as ultrasound, cold and electrical stimulation can aid in healing and control pain.
2. In the later stages of healing, therapeutic exercises can help the ligaments regain strength/endurance as well as regain motion in the joint.

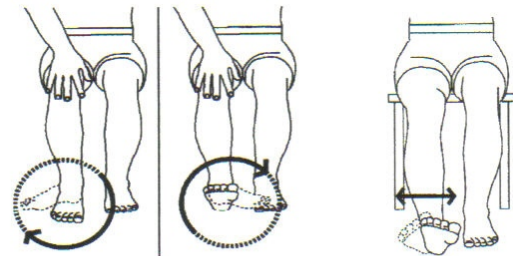
Therapeutic Exercises



Elevated ankle pumps



Calf stretch with belt



Ankle Circumduction

Side to Side