

## Ankle Injury

### Ankle Injuries

Ligaments are the body tissue used to hold our bones together. Ligament injuries around the ankle are among the most common sporting injuries, especially in those sports involving twisting and jumping

### How does injury happen?

Inversion injuries, where the foot is forcefully rolled inwards at the ankle, are by far the most common ankle injuries. This is thought to be due to less extensive bony structures and relatively weaker ligaments on the outside of the ankle compared to the inside of the ankle.

Injury occurs when the ligaments are forcefully stretched past their normal length such that they are sprained or ruptured.

### Signs and symptoms?

Swelling and bruising normally accompanies ankle injuries and the extent is often a good indicator of severity. Other causes of Ankle Pain include broken ankle, muscle or tendon dislocation or ankle joint dislocation.

### First Aid?

It is very important to limit the bleeding and swelling as much as possible as the accumulation of blood slows down the healing process dramatically. Initial treatment should be:

- Rest the person
- Apply ice to the area
- Compression, wrap a bandage around the ice pack to keep it in place and to help with swelling
- Elevate the ankle to a point above the persons heart (yes that high!!!)
- Referral to an appropriate medical professional

This aims to minimise bleeding and promote healing.

### What is the treatment for Ankle Injuries?

Physiotherapy plays a very important part in the rehabilitation of ankle injuries. A comprehensive rehabilitation program is normally required if the athletes are to return to their sport at full



**If you want to know more, find a time to see us at Kelmscott Physio, give our friendly team a call on 9390 5566 or Book a time online**