

Acute Ankle Sprain Advice

What is a Sprain?

A sprain is an injury to the ligaments at or near a joint. Ligaments are strong bands of tissue that connect one bone to another and help hold joints together.

In a sprain the ligaments may have been overstretched, twisted or torn.

How do I sprain my ankle?

The ankle is the most frequently sprained joint in the body and can be caused by twisting the ankle. Your foot usually turns in or under but may turn to the outside as well.

Most sprains occur on the outside of the ankle, but they can occur on the inside depending on the direction the ankle went at the point of injury.

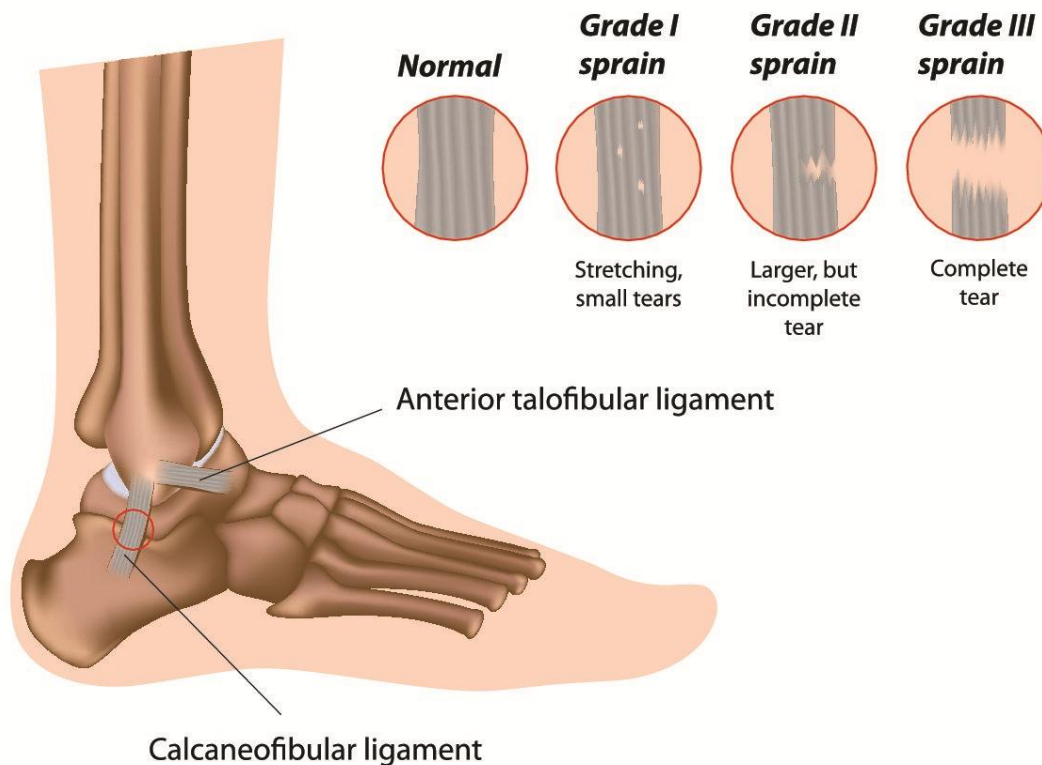


How is it diagnosed?

Sprains can be classified into three types, based upon how severe the injury is:

- Grade 1** Mild sprain with minimal damage to the ligaments and no instability
- Grade 2** Moderate sprain with more damage to the ligaments and mild instability
- Grade 3** Severe sprain involving a complete tear of the ligament and significant instability

Lateral ankle sprain





X-rays can be used to rule out a break of the bones but is not always necessary. They are not used to diagnose ligament sprains.

What are the signs and symptoms?

Symptoms of a sprain may include:

- Sudden onset of pain
- Swelling
- Heat
- Bruising
- Restricted movement
- Difficulty putting weight through the ankle

Remember that the severity of sprains will differ; therefore this is just a general list of possible symptoms.

How can I help prevent an ankle sprain?

There is always a possibility that you will sustain an injury, however here are a few tips to try and prevent ankle sprains:

- Wear proper, well fitted shoes when exercising
- Carry out a proper warm up and cool down regime before and after any physical activity



- Avoid sharp turns and quick changes in direction and movement
- Add some specific strength and condition exercises into your fitness regime to work on you balance and control

If you have any questions about a recent injury, would like a personalised exercise program written for you or advise on injury prevention strategies specific to your sport please do not hesitate to contact us either by completing the contact form online, by email or telephoning **0191 2656688** or **07526157458** to book an initial appointment

This information contained in this leaflet is for general advice purposes only. It should not be relied upon as a basis for planning individual medical care or a substitute for specialist medical advice in each individual case. It is strongly recommended that if you have sustained an injury you need to seek appropriate medical attention so a full assessment and appropriate investigations to be carried out.