



David Rose



Jordan Chapman



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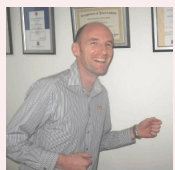
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Lynda Jones



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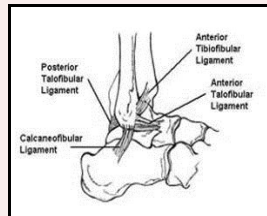


Kathryn Bell

Ankle Sprains

A sprain is an injury to a ligament.

Ligaments connect bone to bone to stabilize and support your joints.



Grades of severity:

Grade 1:

- ◆ Some stretching or minor tearing of ligament
- ◆ Mild pain
- ◆ Maybe able to keep walking or playing sport
- ◆ Mild swelling on the outside of the ankle
- ◆ Little or no joint instability of the joint



Grade 2 :

- ◆ Moderate tearing of the ligament fibres
- ◆ Pain++ and difficulty walking.
- ◆ Usually need to be assisted off sporting field
- ◆ Swelling++ and stiffness of ankle joint
- ◆ Bruising increases over the next week
- ◆ Some instability of the joint



Grade 3 :

- ◆ Total rupture of 1 or more ligaments
- ◆ Unable to weight bear
- ◆ Severe pain—maybe eased by elevation of limb
- ◆ Severe swelling with extensive bruising
- ◆ Often presents like fractured ankle
- ◆ Gross instability of the joint
- ◆ X-Ray advised, often avulsion fractures accompany severe sprains (ligaments torn off bones)



Physiotherapy Treatment of Ankle Sprains

- ◆ Treatment can be separated into 3 phases - timeframes dependent upon the extent of ligament injury.

A. Immediate / at time of injury (0-48 hours)

- ◆ Aim to reduce the swelling by **RICE** asap
Rest, Ice, Compression, Elevation

B. Intermediate stage (2 days to 2 weeks)

- ◆ **Physiotherapy can help by**realigning the joint, reducing swelling, and regaining range of motion quickly
- ◆ Returning you to a normal walking gait is our primary aim, whilst supporting your ankle to minimize risk of re-injury
- ◆ Our Physiotherapists will use techniques such as joint mobilization, manual therapy, electrotherapy and specialized taping techniques

C. Rehabilitation/ return to activity (2 weeks+)

- ◆ This phase incorporates returning to normal walking pattern, stretching tight muscles, improving joint proprioception (high level balance)
- ◆ This progresses to jogging, stair climbing and return to sporting activity
- ◆ It is important to restore the ankle to full function as quickly as possible and prevent possible secondary issues such as joint stiffness and muscle wasting

Staff Profile :Greg Stewart

1. Hails from: *New Zealand*
2. Physio interests: *Shoulder biomechanics*
3. Favourite sport team: *All sport ...no fav team*
4. Something people don't know about me:
I live life 8 seconds at a time
5. Favourite food: *Anything but brussel sprouts*