How Can Physiotherapy Help

- Physiotherapists are specifically trained in musculoskeletal assessment. This makes them the ideal health professionals to treat injuries or problems with joints, bones, muscles, tendons and ligaments. They can recognize contributing factors to ankle sprains, and provide treatment programs to minimize risk.

- After a detailed **assessment**, a **treatment plan** would be designed to meet the needs and goals of the client. This may include:

Education - on injury and healing process.

Taping - to support the joint, decrease tissue strain.

Prescribed exercise plan - flexibility, balance, strength, coordination, restoring ROM, postural and biomechanical correction, proprioception (joint awareness), exercises.

Manual Therapy - various techniques to help guide the body towards enhanced healing.

Modalities - machines used to help decrease pain/swelling and promote healing (i.e. Ultrasound)

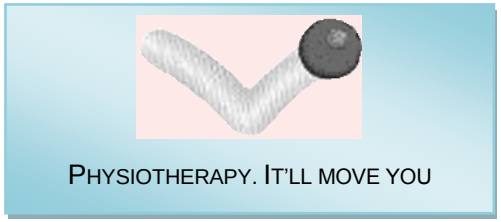
Orthotics – arch supports, implants in shoes to improve position of foot.

Braces – can help prevent re-injury, but never use as a substitute for a strengthening and proprioceptive retraining program.

For more information or, should you require physiotherapy treatment, please contact

Physiotherapy Plus

150 Duke St.
Miramichi, NB E1N 1H8
Phone: 778-1890
Fax: 778-1892



River Rehabilitation Services

136 Newcastle Blvd.
Miramichi, NB E2L 3X9
phone: 622-2079
Fax: 622-4093

PHYSIOTHERAPY PLUS
empower your Recovery

Ankle Sprain

River Rehabilitation
empower your Recovery

What You Should Know

Look inside to see how Physiotherapy can help you to..

- Return to normal activity as soon as possible
- Prevent re-injury or disability.

Ankle Sprain

Most common athletic joint injury

- Most often from turning the foot in. The ligaments are stretched beyond their normal limit, resulting in inflammation, tearing or rupture of the tissue. If the injury is severe, the bones can shift position or break.
- Extensive running, exercise or training can also overstress ligaments.
- Biomechanical (body alignment) problems can predispose one to sprains.

What to do if acute injury

- **R.I.C.E.** - (**R**est, **I**ce [20 min intervals], **C**ompress and **E**levate)
- **Physiotherapy** - Early treatment decreases healing time and helps correct all problems associated with current or past injuries. Also improves biomechanics to help prevent further problems.
- **Crutches** – May be needed initially, if walking is difficult.

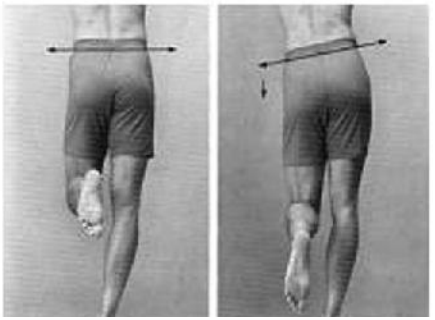
Further consultation with doctor may be required.

Tips to Reduce Risk of Injury

- Daily stretches
- Sports specific training program
- Proprioceptive training
- Proper footwear – replace athletic shoes as soon as tread or heel wears out. Use properly fitted shoes for work or recreation.
- Sport specific protective equipment. i.e. braces
- Develop new and proper habits - i.e. working in proper movement patterns, with good awareness of proper posture and biomechanics.
- Ensure good body mechanics for activities performed

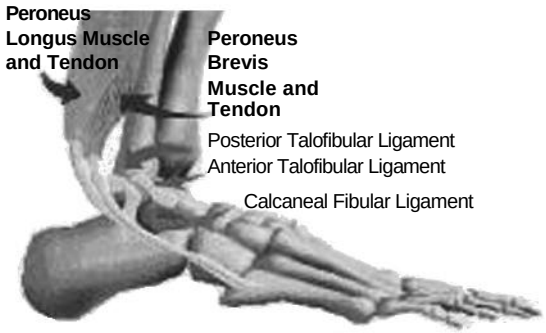
Ligaments help provide proprioception (joint awareness), therefore injury to these receptors can lead to re-injury unless properly retrained.

Biomechanical Picture



Good hip alignment allows the force of the body to be translated through the foot in a neutral position. If the hip does not control this force properly, the ankle can get overworked and strained making it prone to injury.

Lateral Ankle Anatomy



Stiff joints in the foot or poor ankle balance can make it difficult to transfer weight properly, leading to tissue stress and breakdown