



# HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



## Twist and Shout:

Ankle Sprains and Fractures

Whether you call it an ankle sprain, twisted ankle, rolled ankle, or a floppy ankle, we're all familiar with the instantaneous sting of pain caused by this injury. Sadly enough, ankle sprains are often synonymous with warmer weather and the excitement of running and playing outdoors.

More than 25,000 people sprain their ankles every day, according to the American Orthopedic Foot and Ankle Society, most of them a direct result of sports, including jogging on uneven surfaces. All ankle injuries need professional attention; neglecting them can lead to more serious problems. If not

treated immediately, scar tissue can form between fibers leading to a very tight and painful ankle. Contact Dr. Harvey Danciger for the expert care you deserve. Don't let the fear of spraining an ankle keep you off your feet!



SCHEDULE AN APPOINTMENT



### OUR OFFICE

74-000 Country Club Dr, Ste A-2  
Palm Desert, CA 92260

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### OUR WEBSITE

www.  
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.com

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# What Can Be Done?

**Dr. Harvey Danciger** offers many treatment methods at his Palm Desert practice and recommends that conservative options are sought out first.

Use the R.I.C.E. formula as soon as possible:

**R**est. The amount of standing and walking on the affected ankle should be limited.

**I**ce. A cold compress or bag of crushed ice should be applied during the first 48 hours. Begin icing as soon as possible to alleviate swelling, continue application every 3 to 4 hours for 20 to 30 minutes at a time until the swelling is gone.

**C**ompress. Apply an elastic wrap, such as an Ace wrap, to help decrease swelling. Be careful not to wrap your ankle too tightly as this can cause further swelling. Signs the bandage is too tight include: numbness, tingling, increased pain, and coolness.

**E**levation. Elevate the foot while sitting or lying down. Keeping the ankle above or at the level of your heart will help minimize swelling. Keep yourself comfortable by using pillows or cushions.

Ankle sprains can vary in severity. A light twist results in only temporary pain, while a bad sprain could keep you off your feet for weeks. The degree of sprain will impact the type of treatment you need. Other treatments include crutches and even surgery.

## What Exactly is an Ankle Sprain?



**Twisting and turning of the ankle** is very common among athletes and non-athletes alike. If you step in a hole, step on someone else's foot, or simply put your weight down on your foot awkwardly, you may stretch or tear the ligaments that support your ankle. These ligaments are bands of tissue—much like rubber bands—that connect one bone to another and bind them together. In the ankle joint, they provide stability by limiting side-to-side movement. However, not all twists and turns result in ankle sprains; they can also cause fractures—**small cracks or breaks in the bone**.

The most common type of ankle sprain is called an inversion sprain. This type of injury occurs when the ankle turns so the sole of the foot is facing inward. It can happen in a flash or in the time it takes to blink the eye. Symptoms often include localized pain, swelling, discoloration, and bruising.

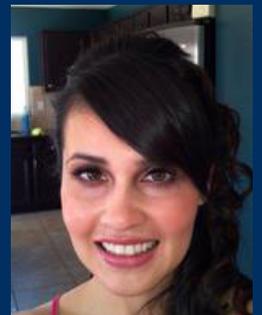
### MEET YOUR TEAM:



**DR. HARVEY DANCIGER**



**LILLY YOCOM,**  
OFFICE MANAGER



**MARGARITA ACOSTA,**  
FRONT OFFICE



**REBECCA BRAVO,**  
MEDICAL ASSISTANT

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# What About Surgery



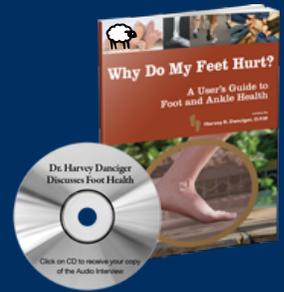
When conservative treatments fail to work and relieve you of ankle pain, **surgical treatments may be discussed**. In order to bring the ankle back to good health and function, tissues and ligaments may need to be repaired.

Dr. Harvey Danciger will assess your injury and provide you with the right treatment plan. From the beginning preparation stage to recovery and rehabilitation, we will be with you every step of the way! With most ankle surgeries, you will not be able to place weight on the leg for a specific amount of time. We will help you plan ahead and give you peace of mind to ensure a successful recovery.

## Important tips to remember post surgery include:

- Have someone stay with you during initial recovery
- Strictly follow weight bearing and mobility limitations
- Avoid sitting in soft chairs or sofas that make it difficult to stand
- Eat healthy foods and drink plenty of water
- Elevation while sitting
- Taking prescribed medication

Ankle sprains and fractures don't have to keep you off your feet. Our staff will work with you to get you back on your toes and feeling your best. If you have further questions regarding sprains, fractures, or surgical options **contact our Palm Desert office** online or call us today at (760) 568-0108.



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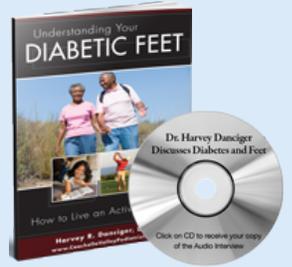
## How Can I Avoid an Ankle Sprain?



It's impossible to prevent all ankle sprains, but everyone can take precautions to make them less likely. **Here are some ways to protect yourself:**

- 1 Keep your ankles flexible by warming up before activities and performing stretches.
- 2 Take part in at-home exercises to build muscle strength which protects the ligaments
- 3 If you've sprained your ankle before, be sure it's completely healed before applying stress.
- 4 Closely watch your step. Avoid running on uneven surfaces; if need be, walk across them.
- 5 Wear well-fitted shoes that are snug enough to give the ankle support.

For further information, check out our **FREE** book! In Dr. Danciger's book, "**Why Do My Feet Hurt?**" he discusses a wide variety of reasons that you may be experiencing foot or ankle pain. Don't question any longer! If pain is ignored it can become worse and lead to more serious problems.



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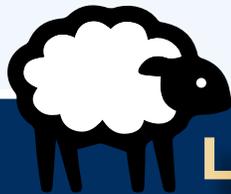
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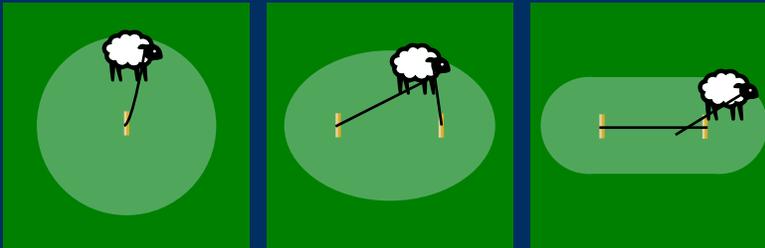


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## Logic Puzzle



If we tie a sheep to one peg it eats out a circle in grass. If we put a rope through a ring on its neck and tie both ends of the rope to two pegs it eats out an ellipse. If we want an oval we tighten one rope between two pegs put a ring with a rope on it and tie the sheep to its other end.

**How do you tie a sheep so that it eats out a square in the grass? We have one sheep, rope, pegs and 2 rings.**

Look for the answer in **NEXT MONTHS** edition.

**P.S.** Did you see the sheep hidden throughout this issue? How many can you find?

Answer: 10

## Sudoku Puzzle

3	6	9	7	5	8	4	1	2
4	2	7	1	6	3	5	9	8
5	1	8	2	9	4	3	7	6
7	9	5	6	4	2	8	3	1
2	8	3	5	1	9	6	4	7
6	4	1	3	8	7	2	5	9
9	3	2	4	7	6	1	8	5
8	5	6	9	3	1	7	2	4
1	7	4	8	2	5	9	6	3

Answers to March Edition:



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