

Ankle Sprain

What is a sprain?

Almost everyone has experienced an ankle sprain or twist at one time or another. They are one of the most common foot injuries, especially among athletes. Ankle sprains/twists usually occur when the foot lands at an unnatural angle to the ground and weight is placed on areas of the foot that should not carry weight. This unnatural twisting results in excessive stretching and/or tearing of ligaments on the outside of the ankle.

The symptoms of an ankle sprain can include localized pain, swelling, discoloration, and bruising. These symptoms will occur quickly following an injury.

How is it treated?

Just like bruises, ankle sprains/twists can vary in severity. Some light twists result in only temporary pain and may not even have effects on an athlete's performance. On the other hand, a bad sprain could keep a player out for a number of weeks depending on how much damage has been done. The degree of a sprain will also impact the type of treatment that will be used. Dr. Danciger uses and recommends a variety of treatments for ankle sprains including resting, icing, elevating, compressive bandages, crutches, and sometimes even surgery.

How can I avoid ankle sprains?

Athletes can avoid ankle sprains by regularly engaging in exercises that strengthen the ankle. This can include balancing exercises, stretches targeting the ankle, and improving ankle flexibility. Wearing well-fitted shoes is another great way of avoiding ankle sprains. Make sure the shoes you're wearing are tight enough to give support to the ankle. Roomy shoes can often result in sloppy foot placement and offer little support to your feet. If you're concerned about an ankle sprain, please contact Harvey Danciger's office for an appointment.