



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

One Ankle Injury Today Could Lead to Long-Term Instability

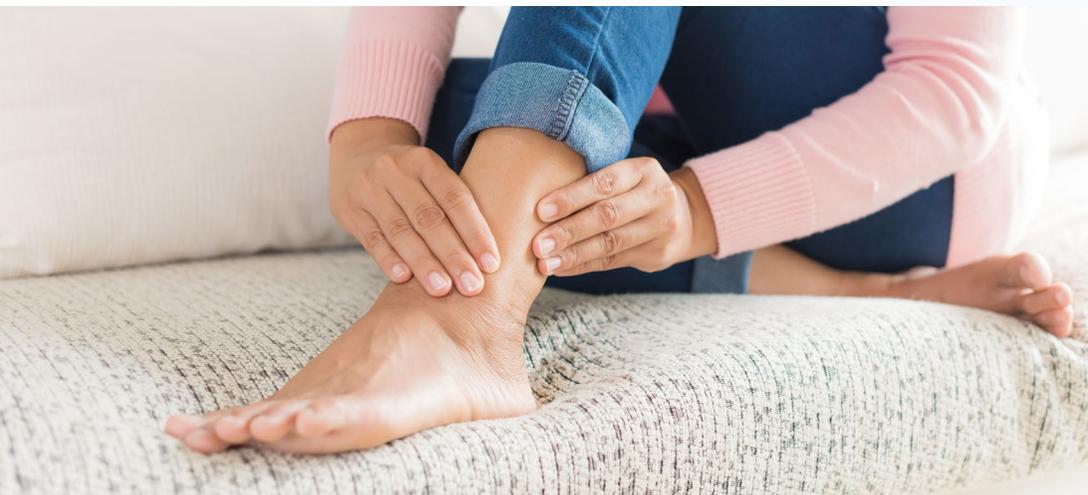
Our ankles are truly impressive joints with challenging jobs. They have to maintain a wide range of motion to get us from one point to another, all while constantly supporting our body weight!

While our ankles are built for the task, problems can arise that threaten our ankle health and stability. Sprains, breaks and other injuries tend to happen to everyone now and then, but not taking care of them properly can have long-lasting consequences.

The ankle joint—like every other joint you have—contains a balance of ligaments, tendons, cartilage, and other tissues, all connected to muscle to make the machine work. If an injury or other problem throws this alignment out of balance, it can weaken the overall stability of the ankle.

The more severe an ankle injury is, the more likely it is to lead to chronic weakness and instability. However, even a relatively mild sprain can cause problems if it does not heal properly.

And once you lose stability in your ankle, your risk of further accidents and injuries rises, which can lead to even worse instability. There is potential for a vicious downward spiral, and repeated injuries such as these can be tied to the development of chronic pain and arthritis.



REQUEST AN APPOINTMENT



OUR OFFICE

74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260

VIEW MAP

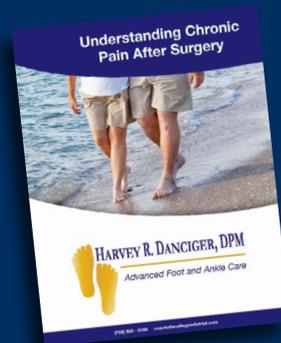
OUR WEBSITE

CoachellaValleyPodiatrist.com



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Understanding Chronic Pain After Surgery



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Protecting Your Ankles: A Basic Roadmap

Fortunately, there are simple things you can do for your ankles to help protect them against chronic instability and other consequences. Here are just a few:

- **Exercise your ankles.** Simple exercises to improve strength and range of motion can help safeguard against the effects of injuries. We'll detail a few of these below.
- **Wear the right footwear for your activities.** Sports such as basketball and tennis place different kinds of forces on your ankles than walking or running. Shoes for these activities are designed with these considerations in mind and provide extra support. A sporting goods store clerk can help you find the best fit for your needs.
- **Lower your fall risk.** Accidents at home are a frequent cause of injury. Reduce your fall risk by clearing up clutter in walkways, not placing cords along paths, and making sure handrails are secure.
- **Let us know of any ankle injuries you have!** Even if it seems like a mild sprain would be treatable at home, it is always worth contacting us when ankle injuries occur. Having your history can help us identify developing problems more easily. Plus, we can guide you through safer or more effective treatment, if needed.

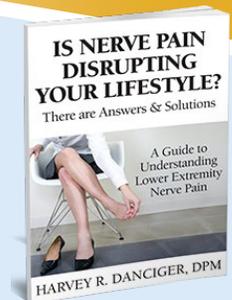
MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!



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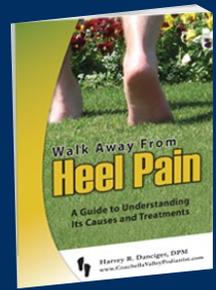
Exercises for Ankle Health

Ankle exercises aren't something you need to reserve a mat at the gym for. Many are easy enough to conduct at home, or even at your desk at work.

Following are a few sample exercises. We can help you determine what kinds of routines would be best for your specific needs.

- **Heel Raises.** Stand near a counter, table, or desk so you can touch it for stability, if needed. Stand normally, with your feet hip-width apart. Slowly go up onto your toes, lifting your heels, then slowly lower yourself back to a standing position (do not drop back down). Repeat 10 times per set, for 2-3 sets.
- **Towel Pulls.** While sitting, place one bare foot on a towel. Grab the towel with your toes, lift your heel to pull the towel taut, then repeat the toe grabs. Continue along the length of the towel.
- **Toe Alphabet.** While sitting, raise one leg and foot, then use your big toe to write out the alphabet in the air. Focus on using your ankle to conduct the majority of movement. Repeat with your other foot.

Regardless of your choice of exercise, it should never cause outright pain. If it does, please let us know!



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“YOU HAVE
COMPLETELY
CHANGED
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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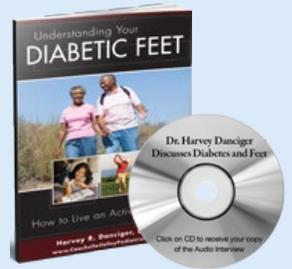
[BUNIONS](#)

Lasting Help for Your Ankle Health



If you are currently experiencing any problems with ankle pain or mobility, do not wait to contact our Palm Desert office at **(760) 568-0108**. We can help you get to the root of the problem and recommend the best treatments to find relief and maintain your motion.

Simply give our office a call to schedule an appointment today. Or, if you prefer to connect with us electronically, fill out our [online contact form](#) to have a member of our staff reach out to you during regular business hours.



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Sudoku

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