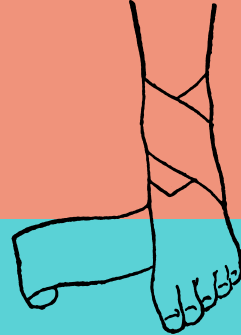


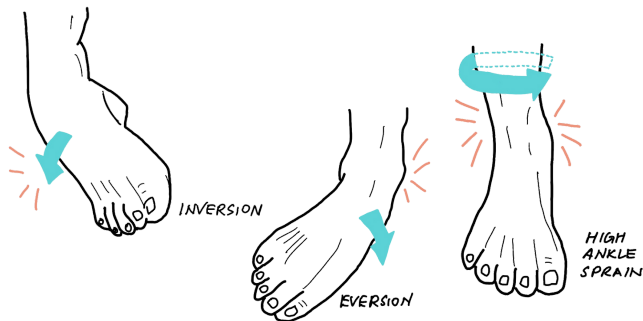
ANKLE SPRAINS



WHAT IS IT?

It occurs when your ankle is forced into an awkward position.

This causes one or more of your ankle ligaments to be stretched, partially or completely torn.



TYPES OF ANKLE SPRAINS

1. Inversion ankle sprain (foot rolls inwards)
2. Eversion ankle sprain (foot rolls outwards)
3. High ankle sprain (outward rotation of foot)

SYMPTOMS OF AN ANKLE SPRAIN

- Ankle pain and instability
- Swelling and bruising around the ankle and foot



PHYSIOTHERAPY GOALS

EARLY STAGE:

1. Protect joint
2. Reduce pain and swelling
3. Retrain normal walking pattern
4. Regain ankle mobility

LATE STAGE:

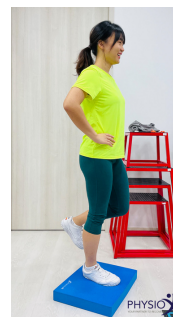
1. Strengthening and balance
2. Regain functional movement



WHAT EXERCISES CAN I DO?

Early rehabilitation is important to prevent risk of recurrent ankle sprains and chronic ankle instability, which can cause persistent pain, episodes of giving way or unstable ankles.

Hence, Physiotherapy is important to help you return to your recreational and sporting activities.



545 Orchard Road #14-04, Far East Shopping Centre Singapore 238882

60 Paya Lebar Road #B1-20, Paya Lebar Square Singapore 409051



+65 6909 2240



+65 9068 6637



contact@physiox.com.sg



www.physiox.com.sg