

Title:

Ankle Sprain and Pain

Word Count:

615

Summary:

Article discussing the common condition known as ankle sprain with overview of what treatment

Keywords:

pain, ankle sprain

Article Body:

It is very common to find the ankle joint afflicted by injuries and the most common form is sprain.

The usual presentation could be an individual landing his foot forcefully on an uneven surface.

The ankle sprain ranges in severity from grade-I to grade-III, depending on the extent of injury.

Prolonged immobilization in cases of ankle sprain is a common treatment error. Early mobilization is advised.

Improper rehabilitation may result in instability vis-à-vis a balance deficit that increases the risk of re-injury.

1. When there is a full range of motion of the ankle.
2. Ability to walk without a limp.
3. 80-90 per cent strength when compared to normal ankle.
4. Pain-free hopping possible on the affected limb.

The patients not treated adequately experience a feeling of "giving away" of the ankle. On an uneven surface, the ankle may give way.

Treatment at the initial stage aims at reducing post-injury swelling, bleeding and pain especially in the first 24 hours.

Give rest to the affected joint. Keep the leg and foot elevated by placing a pillow. This will help reduce swelling.

PROTECTION OF THE ANKLE during the initial healing phase is extremely important. Taping, ankle brace or cast may be used.

Once pain-free motion is attained, strengthening exercises are advised with a stretch band. Sit on the floor with the foot flat on the floor.

Heel/toe raises: Standing on a step with heels slightly off the step, slowly rise up on toes and hold for 10 seconds.

Balance exercises: While standing, raise one foot off the floor and balance on the other foot for 30 seconds.

Return to activity is advised when the distance travelled by patient is no longer limited by pain or swelling.

Chronic ankle laxity treatment becomes more tedious as it requires proper rehabilitation exercises and physiotherapy.

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