

## Sports physiotherapy management of ankle injuries

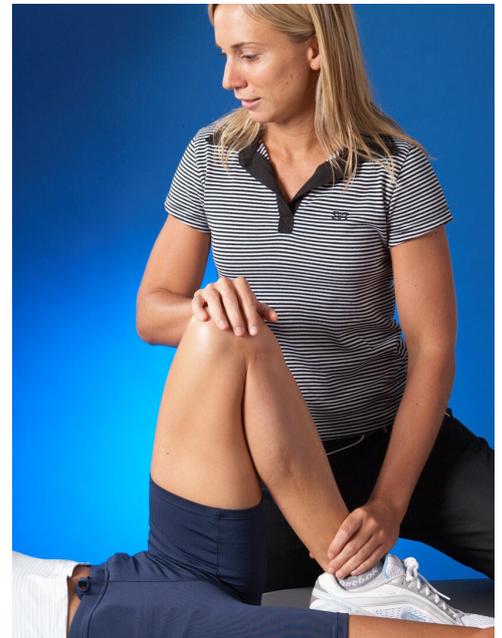
Injuries to the ankle (predominantly sprains) are especially prevalent in weight-bearing sports and activities, accounting for 10-30 per cent of all sports injuries. Even uncomplicated ankle sprain can have residual problems including pain, tenderness, swelling, mechanical and functional instability, and risk of recurring injury.

The APA sports physiotherapist in our practice treat a variety of athletes and can help your patients with ankle injuries to regain strength, mobility, balance and coordination.

Physiotherapists carry out research-based clinical tests to reliably identify which part of the ankle has sustained injury (ligament, joint etc) and assess impairment, to ensure treatment is specific.

Once diagnosed, evidence shows that early functional mobilisation (rather than immobilisation) – complemented by medical treatment such as oral and topical non-steroidal medication, prove very effective for acute injuries. Ice, low-level laser and passive joint mobilisation are also beneficial – adequate cooling (ice) following ankle sprain has been found to reduce pain spasm and neural inhibition, allowing for earlier introduction of more advanced exercises.

Evidence also supports the prescription of a supervised functional rehabilitation program for greater reduction of swelling, faster return to sport and work, and to prevent recurring injury.



*An APA Sports Physiotherapist is a highly qualified professional with expert knowledge and skills in the prevention, diagnosis and treatment of sports injuries. They are highly skilled to review an individual's sporting technique and pinpoint unnecessary and asymmetrical forces acting on the body that might increase the risk of future injury.*

*With expertise in the management of sports injuries, we can get your patients with ankle injuries moving well again, and help them achieve and maintain their best performance.*



***Of more than five million sports injuries in Australia every year, many are ankle injuries. Evidence shows that physiotherapy plays a critical role in the management of acute injury and the restoration of full function to the ankle.***



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### References

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