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Sent: Tuesday, 14 May 2013 12:16 PM
To: Steve
Subject: PHYSIO4ALL E-News: Have You Sprained your Ankle?

Learn about Sprained Ankles!! PLUS Special Offer - 10% OFF Pilates ToeSox!!!

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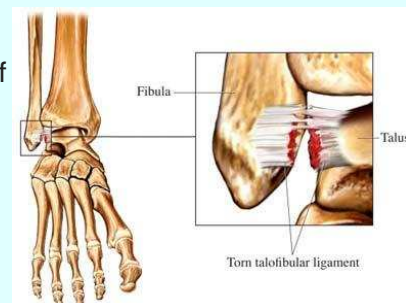
PHYSIO4ALL E-News

Have You Sprained Your Ankle?

- [What's really going on?](#)
- [How long does it take?](#)
- [How do you fix it?](#)
- [YouTube Video](#)
- [Special Offer!](#)

What's injured?

- The typical structure that is sprained is the ATFL a ligament that holds your outside ankle stable on the rest of the foot
- Other structures can involve ligaments on the inside of the ankle, across the front and intricate ligaments that stabilise the tarsals (small bones) of the foot.
- Fractures are possible and can vary from very small fragments of bone, hairline fractures and those requiring a rigid boot and/or surgery



- The amount of damage done depends on the number of fibres snapped in the ligaments affected
- Even simple sprains should be thoroughly assessed by Physio4all to prevent further injury

How long does it take?

- Every sprain is different, most will heal in 2-4 weeks
- **BUT** every sprain needs to be properly rehabilitated otherwise repetitive sprains and what feels like a “weak ankle” will ensue
- **Most people** (not all) **that wear strapping or braces just need to go through the correct series of exercises!**

How do you fix it?

- Your physiotherapist will firstly assess the ankle, reduce swelling, massage and friction the affected ligaments to break up scar tissue and strap.
- A very strict regime of stretches, strength, co-ordination and balance exercises will be prescribed over the course of the recovery period.
- In most cases both the good and bad ankles will be more stable than before the sprain!!!!

Speak to our physiotherapists today on advice on how to improve your ankle strength, or about any concerns. Give us a call on 9922 2212!



Check out our YouTube video series on Ankle Sprains including:
[Physiotherapy North Sydney: Basic Balance Exercise for Ankle Sprains](#)

Also check out our Youtube video on Ankle Strapping:
[Physiotherapy North Sydney: Ankle Strapping and Taping](#)

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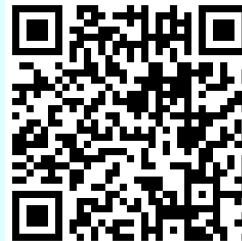
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