

Ankle Sprain? Think PT

Ankle Sprains are the most frequent injury reported with estimates of up to 23,000 occurring per day in the United States. It is reported that 68% of persons who suffer an ankle sprain do not seek medical attention or rehabilitation.¹ However, deficits after ankle sprain include:

- **Decreased overall function¹**
- **Decreased ankle range of motion even after 30 days¹**
- **Decreased strength even after 30 days¹**
- **Decreased joint mobility⁴**
- **Lingering ankle pain^{4, 13}**
- **Impairments in ankle proprioception^{4, 13}**

These residual impairments can predispose persons for

- **Plantar fasciitis**
- **Achilles tendinopathy**
- **Fracture**
- **Chronic ankle instability**
- **Patellar femoral pain syndrome**

In addition it has been reported that after an ankle sprain the risk of re-spraining is up to 80%.¹⁶

The good news is that in a limited number of sessions Physical Therapists can address these issues with a combined approach of early mobilization, manual therapy, and neuromuscular re-education that has been shown to

- **Decrease pain^{3,5, 6, 7}**
- **Restore range of motion^{3, 5, 6, 7}**
- **Increase joint mobility^{8,9, 10, 11, 15, 16}**
- **Expedite return to work and full activity^{5, 6, 67, 14}**
- **Decrease the risk of re-injury^{3, 12}**

In addition, Physical Therapists can confidently rule out an ankle fracture saving you money and a trip to the emergency room.²

Put your health in the hands of a Physical Therapist.

The Best First choice for the care of musculoskeletal conditions

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