

Ankle - Sprain

What is it?

- **Ankle Sprain**- injury to the ligaments (tough elastic tissue that connects bones to one another), easy to do by a roll, twist or turn of the ankle in an awkward way, the unnatural movement can stretch or tear the ligaments in your ankle, ligaments are forced beyond their normal range of motion
- **Sprain**- is a stretching or tearing of ligaments
 - **Ligaments**- are tough bands of fibrous tissue that connect one bone to another, prevent excessive movement
 - **Common Location for Sprains**- ankles and knees



Signs and Symptoms:

- **Mild Sprain**- ligament stretches excessively or tears slightly, somewhat painful with movement, tender, not a lot of swelling, can put weight on
- **Moderate Sprain**- the fibers in the ligament tear, don't rupture completely, joint is tender, painful and difficult to move, area is swollen, may be discolored from bleeding, unsteady when weight is put on the joint
- **Severe**- one or more ligaments tear completely, painful, can't move joint normally or put weight on it, joint is very swollen, discolored, difficult to distinguish from a fracture or dislocation
- **Common Signs and Symptoms**- pain, stiffness, swelling, bruising, and if severe the muscle or tendon is torn apart or ruptured, may have significant bleeding, swelling and bruising around the muscle, muscle may not function well



Facts:

- **Ligaments**- any of the ligaments in an ankle can be injured, sprains usually occur when the ankle rolls outward (causing the sole of the foot to face the other foot/invert)
 - **Allow the Foot to Roll Backwards**- loose ligaments in the ankle, weak or nerve-damaged leg muscles, certain walking patterns, certain types of shoes as spiked heels (all increase the risk of a sprain)



What can I do?

- **See your Health Care Provider**- treatment for strains depends on the severity