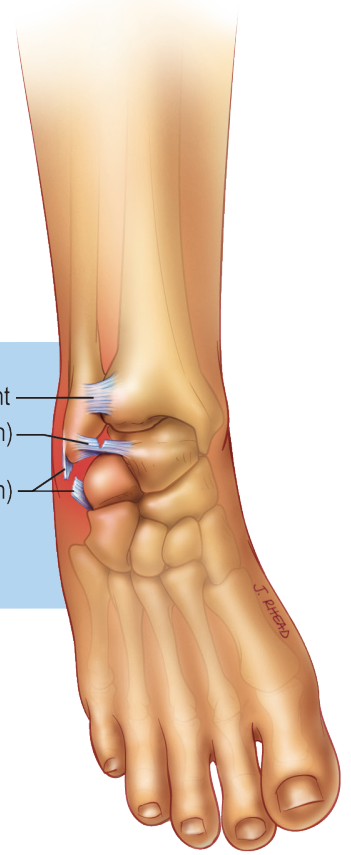




PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

LATERAL ANKLE SPRAIN

The ankle is made up of three bones called the tibia, fibula, and talus. These bones together form the socket that creates the ankle joint. These bones are connected together by fibrous bands called ligaments. When these ligaments are sprained, stretching and tearing occurs. Ankle sprains are the most common injury in soccer and occur when the ligaments are stretched or torn by a sudden twisting of the ankle inward. Nearly 85% of all ankle injuries occur to the lateral or outside ankle ligaments. Sprains occurring on the inside of the ankle are less common.



FACTORS THAT CONTRIBUTE TO INJURY

Many sprains occur from twisting or rolling the foot under or inward. This commonly occurs when landing on another player's foot or playing on an uneven field.

Anterior tibiofibular ligament
Anterior talofibular ligament (torn)
Calcaneofibular ligament (torn)

SIGNS AND SYMPTOMS

- Pop or snap when injury occurs
- Difficulty bearing weight
- Pain and swelling over outside of ankle and foot
- Bruising over outside of ankle
- Pain with movement of foot and ankle
- Achilles pain or tightness
- Pain on inside of foot



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

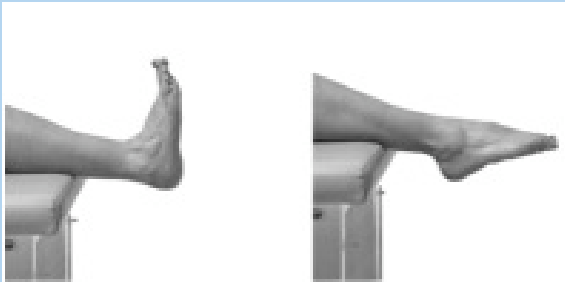
- Ice (See RICE handout)
- Gentle range of motion exercises
- Compression wrap
- May need to see a physician to rule out fracture
- Strengthening exercises
- Balance exercises
- When returning to soccer taping the ankle may provide support while still allowing adequate motion to kick the soccer ball.



Compression Wrap

Ankle range of motion Exercises: Repeat 45 times, 2 times per day

Alphabet: Repeat 2 times, 2 times per day



Dorsi Flexion/ Plantar Flexion



Circles



Alphabet

Ankle Isometrics: Push against a fixed object then hold for 10 seconds and repeat 10 times

Eversion



Inversion

