

YOUR GROUP23

PATIENT HEALTH JOURNEY

BECOME AN EXPERT: Lateral Ankle Sprain

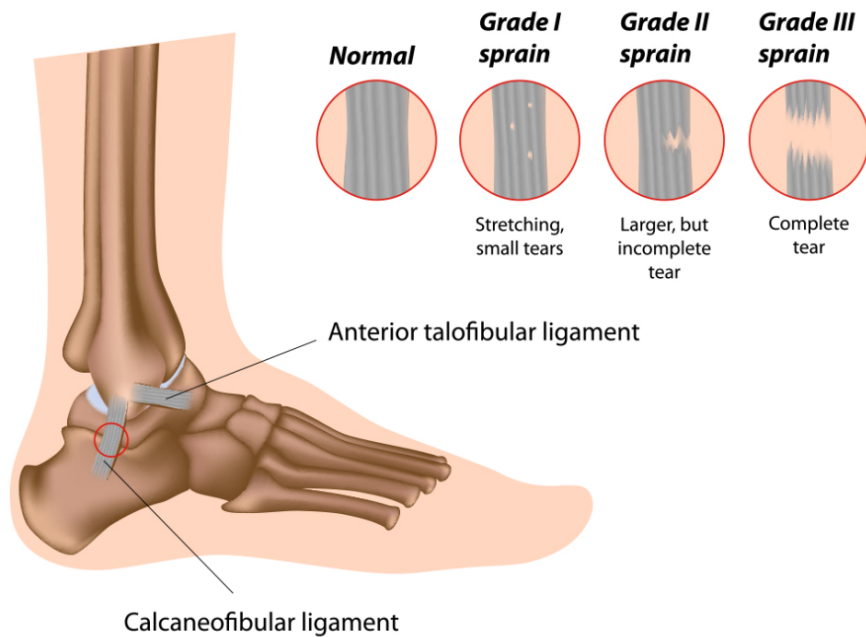
Lateral ankle sprains are one of the most common musculoskeletal injuries, accounting for about 90% of all ankle sprains. These injuries usually occur when one or more of the three ligaments on the outside of the ankle are stretched or torn, leading to pain, swelling, instability, and difficulty walking. Lateral ankle sprains typically occur with an **inversion injury**. This involves the foot rolling in and under the ankle, resulting in damage to the outer aspect of the ankle ligaments, including the anterior talofibular ligament (ATFL), calcaneofibular ligament (CFL), and rarely the posterior talofibular ligament (PTFL).

An ankle sprain is graded according to the extent of the injury to the ligaments.

A **grade 1** ankle sprain involves minimal stretching and no tearing of the ligament, resulting in mild tenderness and swelling, but no instability or joint laxity. A **grade 2** ankle sprain involves partial tearing of the ATFL and stretching of the CFL, leading to moderate pain, swelling, and difficulty walking. The ankle may feel unstable, and there may be some joint laxity. A **grade 3** ankle sprain involves a complete tear or rupture of the ATFL, with possible stretching or tearing of the CFL and/or PTFL. This type of injury can lead to severe pain, swelling, bruising, and difficulty bearing weight on the affected ankle. The ankle joint may feel very unstable, and there may be significant joint laxity.

Initial treatment for a lateral ankle sprain involves rest, ice, compression, and elevation (RICE). Resting the ankle helps to reduce pain and swelling, while ice and compression can help to minimize inflammation and promote healing. Elevation helps to reduce swelling by allowing fluid to drain away from the affected area. Nonsteroidal anti-inflammatory drugs (NSAIDs) may also be recommended to help relieve pain and reduce swelling.

X-rays are not required for ankle sprains, but they may be used if a fracture is suspected. The **Ottawa Ankle Rules** are used to determine if pain, tenderness, and inability to weight-bear suggest a fracture. These rules state that an ankle X-ray is only required if there is an inability to bear weight on the affected ankle, tenderness along the medial or lateral malleolus (the bony protrusions on the inside and outside of the ankle) within the lower 6 cm of the posterior tibia and fibula, pain at the tip of the tibia and fibula, tenderness at the base of the fifth metatarsal (the bone on the outside of the foot), and navicular tenderness.



BECOME AN EXPERT cont'd

Full recovery from a lateral ankle sprain involves **restoring ankle function** with the help of splints, braces, taping, elastic bandages, and physiotherapy. In the case of physiotherapy, treatment may involve exercises to improve range of motion, strength, and balance, as well as proprioception exercises to help the patient regain a sense of joint position and movement. In severe cases, surgery may be required to repair or reconstruct the damaged ligaments.

Chronic ankle sprains can occur if ligaments do not heal naturally or receive enough rehabilitation. Patients with chronic ankle sprains may experience persistent pain, swelling, instability, and joint laxity. They may also be at risk of further injury if the ankle is not adequately supported. Patients with chronic ankle sprains can use external support, such as braces or ankle sleeves, to minimize further injury and pain. Physiotherapy can also be helpful in strengthening the ankle and improving proprioception to reduce the risk of future injuries.

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the words lateral ankle sprain; it's important to us that you understand what it means!

Now that you know more about lateral ankle sprains, we can address treatment options that will allow you to return to sport/activity as soon as possible. No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create good SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way. The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of lateral ankle sprains. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



GROUP23
SPORTS MEDICINE