

ANKLE SPRAIN



YOUR
COMPLIMENTARY
GUIDE



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WHAT IS IT?



Ankle Sprain / Ligament Injury

If you fall and can't take weight on your foot you may have some significant damage.

Other symptoms are **pain, swelling, bruising**

You may have heard a **loud crack or snap**

WHAT CAN I DO?

Rest
Ice
Elevation

DO I NEED AN OPERATION?

Most do not and will heal with rest. Some benefit from targeted physiotherapy. Some need surgery

WHEN WILL IT HEAL

Most ankle sprains have significantly improve within typically 6-8 weeks



Over 10 years experience treating problems of the Foot and Ankle.

Orthopaedic Surgeon, Foot & Ankle
Specialist Registration with the
General Medical Council.

International reputation for
Minimally Invasive Surgery
of the Foot and Ankle.

PROFESSOR ROSLYN MILLER, FRCS





ARE ALL SPRAINS THE SAME

NO. The ankle joint is made of three bones which form a 'mortice joint'. The joint is held in place by a series of ligaments. Tendons attach bone to muscle, and when the muscle contracts, the joint moves.

A 'sprained' ankle, means the ligaments have been damaged.

There are seven ligaments on the outside of your ankle that make up the lateral ligament complex.



Isolated ligament damage on the inside of the ankle is less common. This often happens with an associated fracture of the fibula (small bone on the outside of the ankle), or the large tendon on the inside of the ankle (tibialis posterior tendon)

What is a 'High Ankle Sprain'

This injury is often missed. It is when there is damage to one of the higher up lateral ligaments is damage.

WHY AM I STILL SORE WHEN THE X-RAY IS REPORTED AS NO INJURY?

- This is a very common situation.
- X-rays only assess injury to your bone
- Ankle sprains damage the ligaments, which are soft tissues and so don't show up on x-ray
- Either ultrasound or MRI is the best imaging to look at soft tissue injuries.





**FEET UP
ELEVATE**

PAIN AND SWELLING

Most ankle sprains don't need the support of a plaster cast.

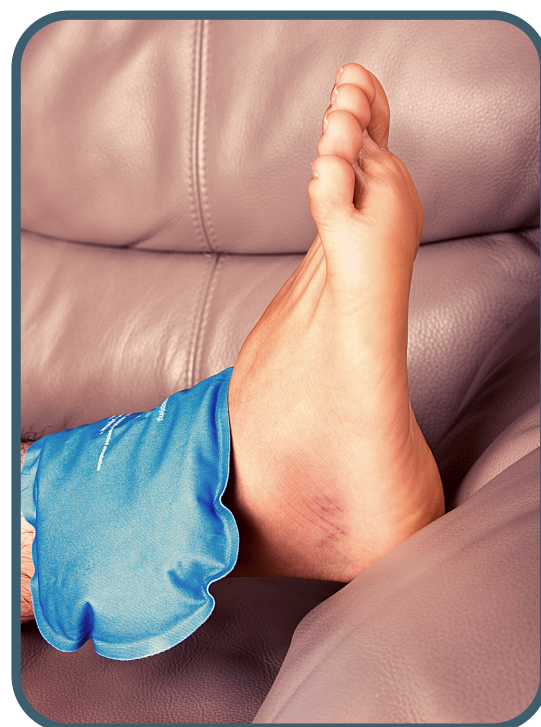
The most common reason for pain is swelling.

It is important to elevate your leg.

As a rule of thumb, your heel should be higher than your hip.

So the arm of a couch works well.

This is one time when it is ok to put your feet on the furniture!



PAIN KILLERS

An ankle sprain can be sore.

Pain killers, such as paracetamol, (to the recommended dose) can be helpful.

If your pain is not improving it, you should consider getting it checked out.



ANKLE SUPPORT



If you have a nasty ankle sprain, you may find that you need a bit more support with a moon-boot and possibly crutches. These injuries often should be imaged early.

ANKLE SUPPORT & CRUTCHES

Many ankle sprains don't need the support of a plaster cast.

There are a wide variety of ankle braces available that will help to support your ankle.

They can also help to reduce your pain and swelling.

REST

ELEVATE

WIGGLE YOUR TOES



REHABILITATION

STRAPPING & TAPING

As you start your recovery you may find it beneficial to have your ankle strapped.

Soft tissue massage can help to reduce swelling and help early rehabilitation.



Over a 4-6 week period, your pain will subside and your ankle will become stronger.

A targeted course of physiotherapy can help to get you back to full activity as soon as possible.



IMAGING

Your symptoms should improve each week.

If you are still struggling then y it would be worth getting an MRI to determine if the ligaments are just sprained or if they are torn.



ULTRASOUND SCAN

An ultrasound scan is a non-invasive way to look at the soft structures around your ankle joint. It is very good at visualising your tendons and ligaments.

It is also a dynamic scan, so can detect movement.

Ultrasound is also useful for seeing structures when doing injections such as steroid and PRP.



MRI SCAN

An MRI scan is the most detailed type of scan for looking at soft tissue.

It also gives great detail about the cartilage surface and the bone supporting the cartilage.

Occasionally a bad ankle sprain can also cause damage to the joint surface and increase your risk of developing arthritis.





SURGERY



If you experience persistent symptoms of pain and instability, surgery is indicated.

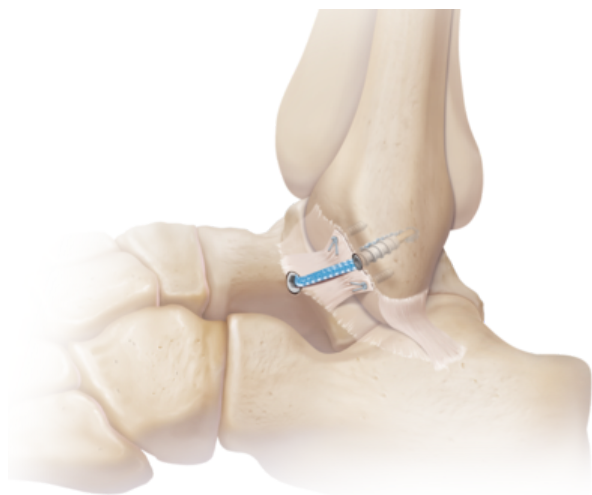
Patients who opt for an operation feel that they don't trust their ankle and have not been able to return to the activities that they want or need to do.

KEY-HOLE SURGERY ARTHROSCOPY

Key-hole surgery is a very good way of visualising inside the ankle joint.

It allows the surgeon to see the joint cartilage and address any issues.

Torn ligaments can also be repaired or reconstructed using arthroscopic surgery.



LIGAMENT RECONSTRUCTION

Ligaments can be repaired, reconstructed and augmented.

By using technology such as the

'InternalBrace'

to provide additional stability allows for accelerated rehabilitation and earlier return to activity,



WHEN SHOULD I COME TO SEE YOU?

Any Time

Some patients come to see me as soon as they have their injury. They want the reassurance of having their management supervised from the outset and through their recovery.

Others may have been for physiotherapy and referred because they are not reaching their milestones.

If you would like to have a virtual **Consultation** with me to discuss your options, I can have a member of my team arrange that for you.



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If you would like more information
or to book a consultation

Call 0800 193 3668

or

email:

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