

Information for ankle injuries

Ankle trauma is one of the most frequent injuries caused by physical activity.

WHAT IS BEING INJURED?

At the outside of the foot, there are three ligaments, which stabilizes the ankle. During a fall, with the foot under the body, the ligaments get stretched and torn. This can result in tearing of one or more of the ligaments get stretched and torn. This can result in tearing of one or more of the ligaments. Simultaneously the issue and vessels around the ligaments get damaged. This leads to a reaction in the affected area. The reaction is pain, swelling, haemorrhage, colour- and temperature changes.



HOW TO TREAT ANKLE INJURIES

Rest: Immediately after the injury you should keep your foot still (1-2 hours). The gradually increase activity, pain determines when to start.

Ice: Cool down the injured foot for 10-15 minutes, several times the first day. Put a towel between the ice and the skin, so that ice does not come in direct contact with the skin. Use ice cubs or find something useful in the freezer.

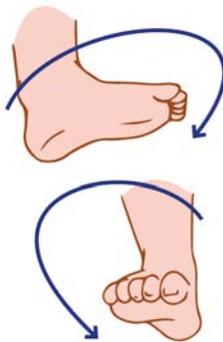
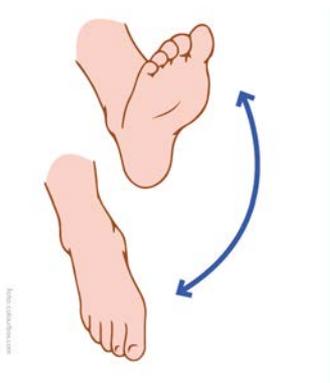
Compression: Bandage compresses areas where there is swelling. This should be on as long as there is swelling, usually 3-5 days. You can take it off during the night. Once the swelling has gone, you can use a sports tape to support. Never use a circular inelastic sports tape as long as the injury is acute and swelling is present.

Elevation: Keep your foot above your heart in sitting and supine position, as long as there is swelling.

EXAMPLE OF EXERCISES

Start with ankle exercises 2-3 days after injury, pain determines how quickly you can start. 10-30 repetitions per exercise, 2-4 times a day.

- Bend the ankle up and down
- Make circles with the foot, both ways
- Pick up a towel from the floor with your toes
- Stand on the floor and lift yourself up on toes/heel
- Do a squat: Bend your knees with the entire foot on the floor



- Stability training:

Stand on the injured foot. Swing the other foot back and forward and feel how you must work with your injured foot to keep your balance. Start with small swings and increase with faster and more powerful swings. Keep up the exercise as long as you can manage.

GOOD ADVICE FURTHER ON

- Use shoes that provide good support to the ankle.
- Be aware of uneven terrain in the beginning.
- Gradually start to take trips in cooped terrain.

And by all means avoid a new injury!!

When you can walk without limping, you can start jogging.

When you can jog without limping, you can run faster.

When you can run fast, you can start with full training again