

# JERSEY CENTRAL

## PHYSICAL THERAPY FITNESS

### Physical Therapy and Ankle Sprains

The ligaments surrounding the ankle are surprisingly fragile. A seemingly harmless motion has the potential to cause serious sprains. Ankle ligaments are elastic structures that hold the ankle joint together to prevent (or minimize) excessive twisting and turning that can lead to injury. If these ligaments are stretched beyond their natural limits, the result is a painful sprain.

Anyone can suffer from ankle sprains, from the average Joe to the elite athlete. A few actions that can lead to ankle sprains are:

- Running, particularly if you plant your foot at an awkward angle
- Walking on uneven surfaces
- Missing a step while climbing stairs
- Even stepping out of the bed onto something that twists your ankle

In fact, 25,000 U.S. citizens sprain their ankles every day.

### When you sprain your ankle, here's what happens:

Blood rushes into the injured area, causing inflammation of the tissue and surrounding joint. The ankle swells causing pain. Attempting to move the ankle, standing or walking on it can be extremely painful. The injured ankle might also become red and overly warm because of the increased blood flow.



Typically, a minor sprain is able to heal by itself by the next day. However, if the ankle gets swollen and standing or walking on it becomes unbearable, a fracture needs to be ruled out. So be sure to see your physician or physical therapist at the very least.

Take The First Steps To Recovery! The main goal in the early stages is to reduce inflammation. An important step after the injury is to apply ice as quickly as possible to decrease swelling, pain, redness, and warmth common to ankle sprains. It's also important to rest the ankle and to elevate it above your heart. If possible, walking short distances can increase healing of the injured ankle. Lastly, We Can Help!



The muscles surrounding a sprained ankle often tighten and shorten decreasing range of motion and causing your joints to stiffen even more. As a result, your ankle will swell more, hurt more and be more prone to re-injury unless you receive therapy.

Our therapists will work with you every step of the way to heal the joint, muscles and ligaments surrounding the injured area in order to help you get back on your feet as quickly as possible. We know how frustrating it can be, and want to assure you that we are committed to your rehabilitation and exercise needs.

### PLEASE CONTACT FOR MORE INFORMATION:

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