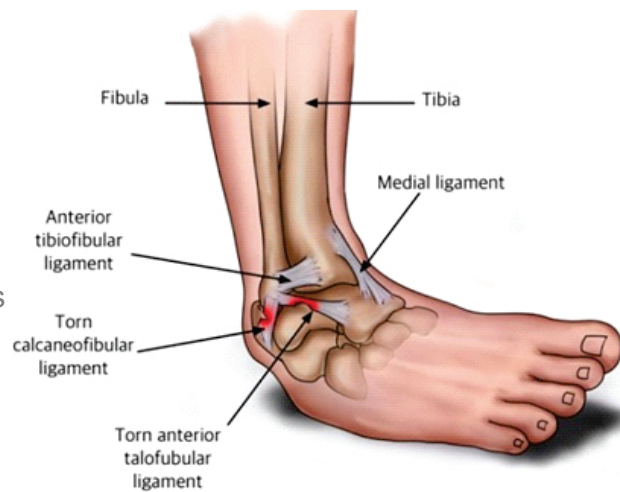


## Acute Lateral Ankle Sprains 'Inversion Sprain'

### What is it?

Inversion ankle sprains occur by 'rolling out' on your foot. This injury generally occurs in sporting activities that require rapid changes in direction such as: netball, basketball, soccer and football.

There are several grades of severity with inversion ankle sprains. Depending on the level of force at the time of injury will determine the level of damage to the ankle joint structures.



## ACUTE LATERAL ANKLES SPRAINS

### How is it diagnosed?

A thorough clinical musculoskeletal examination will generally be sufficient to diagnose a lateral ankle sprain. Depending on severity of symptoms, you may be referred for an ultrasound/x-ray or MRI to determine the grade of injury and to rule out further pathology e.g. fractures.



### Treatments:

- ➔ Rest, Ice, Compression, Elevation, Rest
- ➔ Strengthening and proprioceptive exercises
- ➔ Supportive taping or ankle braces
- ➔ Neuromuscular Needling
- ➔ Foot Mobilisation Therapy
- ➔ Footwear advice
- ➔ Custom orthotics
- ➔ Crutches or Moon Boot
- ➔ Surgery (Grade 3 – if indicated)
- ➔ Load/Exercise Modification

