



Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the sight of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

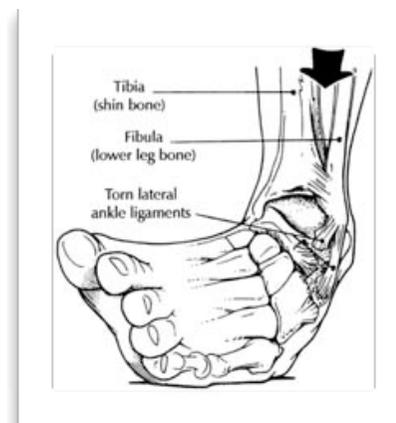
- **P - PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R - REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I - ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minutes, then every 3-4 hours at 5 - 10 minutes duration.
- **C - COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E - ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.

Ankle Sprains

About your injury;

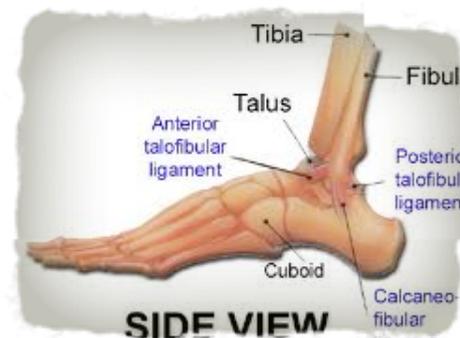
'Sprains', also known as ligament injuries of the ankle joint occur frequently in sporting and non sporting environments. The ankle is required to be mobile as well as weight bearing, which means it is especially susceptible to damage and injury. Ligament damage can be split into 3 categories;

- Grade 1 - mild sprain with no instability .
- Grade 2 - Incomplete tear with mild instability.
- Grade 3 - Ligament rupture with significant instability.



Warm up and warm downs;

When carrying an injury it is especially important to make sure there is sufficient blood flow to the area in question as well as warming the muscles. This must be carried out before any stretches, and is usually done so by having a light jog for up to 5 minutes. Upon finishing an activity a warm down must also be carried out, which allows for the removal of lactic acid as well as a gradual decrease to heart rate and blood pressure. This should be carried out with a light jog decreasing to walking pace.



The first 24-48 hours;

If there is extensive injury, it is vital that medical advice is sought out, so that a positive diagnosis and treatment be found.

It is important that the **PRICE** guidelines are followed for up to 3-5 days after the injury.

Mobility exercises -

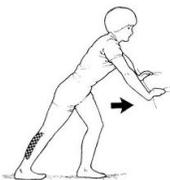
Repeat each exercise 10 times on the injured ankle.

1. Toe flex

Lie on your back point your toes down and then up towards the ceiling.

3. Foot circles

Circle the foot clockwise and anti-clockwise in a lying or sitting position.



About the rehabilitation ;

This exercise program has specific exercises to strengthen muscles around the ankle as well as improving balance and joint position of the ankle. To achieve proper rehabilitation of the injury, it is important to ensure that the exercises are performed with a good technique, as poor practice could potentially lead to injury.

2. Sole to sole and out

Lie down on your back, turn the soles of feet in against each other and then away from each other.

4. Toe crunches

Sit on a chair and use your toes to crumple a towel.

Static stretching exercises

1. Gastrocnemius Stretch

Stand facing a wall - resting both palms against it. Extend your left leg straight out behind you and bend the front right leg. Keep the heel of your leg down and lean forwards to feel a stretch in the calf .

Balance and Co-ordination exercises -

Do exercises 6-9, holding each one for 15 seconds, progressing to one minute as you ankle gets stronger.

6. Single leg balance

Standing on one leg (the injured one). Once this can be achieved comfortably, progress to holding your arm out to the side while balancing on the injured leg. Then to closing your eyes.

8. Dynamic balance board

Use the provided balance board, then throw a ball against a wall - catching it again.

7. Balance board

Use a balance board to work on your balance, which can be provided by your local hospital physiotherapy department.



Strengthening exercises

9. Toe raising and lowering

Raise and lower the toe slowly, make sure you keep your knee, hip and foot in line with each other. Repeat with 3 sets of 30.

10. Alphabet

Draw the alphabet with a theraband wrapped around the foot. Making sure you pull the outwards - against the theraband at all times. The letters should be drawn as large as possible. Increasing the speed with each progression.

A therapist should advise you on the speed of progressions through the exercises. Progressions are not only about capability to perform the exercise, but to perform them with control.

