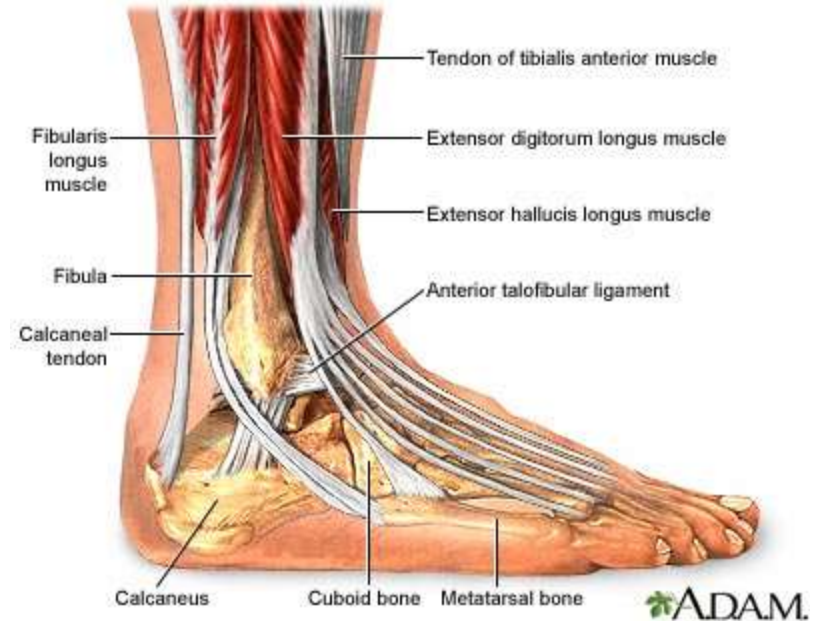


Sprains, strains and staying in the game

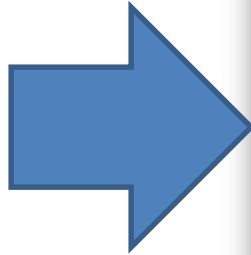
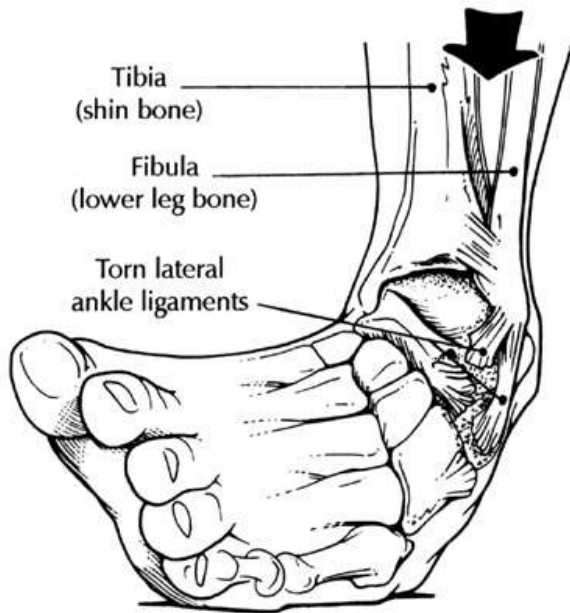
How to stay active and avoid athletic injury and re-injury

Ankle Injuries


- Sprained Ankle



Ankle Sprain



Ankle Sprain

- **R**est
 - crutches if needed
 - decrease activities that worsen pain
 - ↓ amount, frequency and intensity
 - Increase activities that do NOT worsen ankle
 - **I**ce
 - Decreases healing time!!
 - icepack/frozen peas wrapped in towel 3x/day until swelling decreased
 - **C**ompression
 - tensor
 - **E**levation
 - Keep foot raised
- 
- 24hrs

Ankle Sprain

- Pain Control

- Ibuprofen/Advil (the same)

- Tylenol



Ankle Sprain

- Bracing?
 - Not in early recovery
 - Used in repeated sprains to prevent more injuries
- Taping?
 - Acts as a brace
 - Increases ankle stability
 - Need expert help (athletic trainer or physiotherapist)



Ankle Sprain

- Rehab

- Range of Motion

- Strength

- Tilt board

- Walk → Jog → Sprint → Cutting (zig-zags)

- Proprioception (where is my ankle in space?)

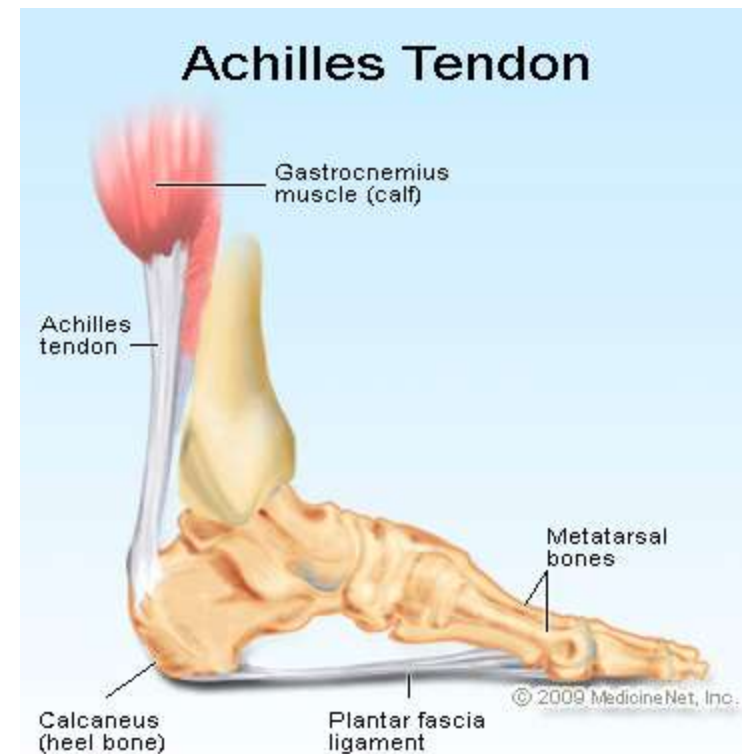
- Stand on one leg x 3min

- Stand on one leg and close eyes



Achilles Tendonitis

- Causes:
 - Sudden increase in activity
 - Poor footwear
 - Foot abnormalities
- Symptoms
 - Pain in calf or achilles tendon
 - Burning pain during or after activity
 - Pain occurs earlier during activity or even at rest



Achilles Tendonitis

- **R**est
 - Crutches/cast if severe
 - decrease activities that worsen pain
 - ↓ amount, frequency and intensity
 - Swim, cycling with heel on pedal
- **I**ce
 - If swelling
 - Decreases healing time
 - icepack/frozen peas wrapped in towel 3x/day until swelling decreased
- **P**ain Control
 - Ibuprofen/Tylenol

Achilles Tendonitis

- Calf Stretches
- Eccentric Contractions

