
Ankle Sprain & Instability

Non-Operative Treatment Modalities

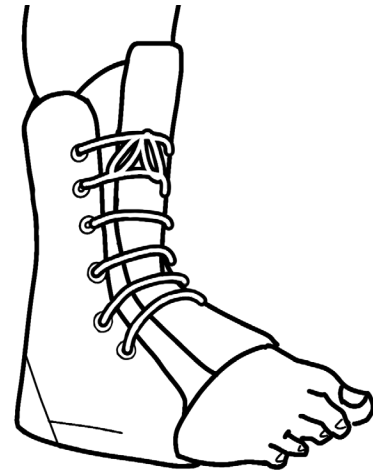
Physiotherapy

Physiotherapy should work on range of motion, strengthening, balance and proprioception. Focus should be on exercises that can be done on a daily basis at home. This should be done consistently for at least 3 months to see results.

Immediately after an ankle sprain, inversion and eversion should be avoided for the first 6 weeks.

Lace-up Ankle Brace

An ankle brace that laces up gives more rigid support and prevents loosening throughout activity and sports. Use for activities where ankle feels unstable or activities at risk for ankle sprain to protect the ankle.



Consider Orthotics for Cavovarus Alignment

If you have a cavovarus foot and ankle alignment, specific orthotics may be helpful to prevent ankle sprains and improve stability. This should be assessed by a medical professional.

If you have a component of cavovarus foot alignment, you may benefit from an orthotic that pushes the ankle out of inversion caused by this alignment. Orthotics should have a deep heel cup with lateral hindfoot post and a forefoot recess for the plantarflexed 1st ray.

***You should always use good supportive shoes**