

ANKLE STRAIN



**PATIENT
OSTEOPATHY
PARTNERSHIP**

- EXPLORE
- EMPATHISE
- EXPLAIN
- ENGAGE
- EXERCISE

Treatment & Advice

!O *O\$!(,O 5O1/%*#OO\$!O"3\$(+O%*#O*#O+.O3 ('%*#)!O\$+ / O

1* 0%+* (O 0%2!O !(/! /! O+)!(/!O0%#\$O)1/ (!O +2!O!\$!O O/,! % (%/! O O * (5/ *'(! 0+O0!/OO/5))!0.5 O/O %(%05O * + "OO\$!O(!#

\$!O ,, (% 0%+*O+"O\$! 000+OO\$! ("O * O/\$%*O .! /O+"OO\$!O(O\$!(, /O#%2!O O !00!.O% ! O+ 5+1O .!O! 500+O.1*O # %*O3%O

* +1. #!O)1/ (!O * O (++)! .O+"O.!!%*&1.5 flo300+O!*\$ * !O/1,,+.0O * +*O.(O+"OO\$!O *'(!

!O3+1(OO\$!*O.! +))!* OO\$! "+((+3%*#O/!(" ! .!OO%, /

Squat Analysis

! 1 !O .! /O+"O/3!((%*#O O 5 O!6 /!O +O*+OO1/!O" 0\$.O O)%*10!/O 1./O/O / 3%((O"!!6!OO\$!O .! O * O.! 1! /%*#OO\$%/OO! \$%*-!O\$!(, /O5+1)+*O+.O *5O.!)! % (O 0%+*O*!! O\$!O! .(%! /OO/O #! O (! /!O +*O O 0!)OO+O .. *#!O *O ,, +%*O)!*O



A Common Problem

*'(!O, %*O%* % O!/OO+O1/O % 5 O!6 /!O +O*+OO1/!O" + "O%* .! /%*#O/O. %*O * O#.! O\$.O O)%*10!/O 1./O/O / /tiffnes/ OOO

%#)!*O/O/1,,+.0%*#OO\$!O&+%*OO .!O)+/OO21(*!. (!O3\$!*O)1/ (!/OO"O !/O O ! O +),.!!//%O\$!O! .(%! /OO/O #! O (! /!O +*O O 0%#\$O!* O) '%*#OO\$!)O3! '!. * O (!2 0%+*

\$!O . \$O%*O5+1.O"++OO . \$O O*O*#O\$OO. %**%#O * O) ! +)!OO3%/O! O 1/%*#O%OOO+(O#1O!4!. %/!/ O \$%/O .%#% O his aff! O/OO\$!O)1/ (!/O%* 61 !O#!*O(!O + 5O3!%#\$O/1)) .%/! O\$!O! .!OO\$!O/O!, /O 5+1.O(!#O3\$% \$O . !OO\$!O *'(!*#! / O3+ (!O + . OO. %5%1*# O/3%))%*#

1/ (!O%) (* !O * OO\$!O, %*O 1/! O ".om it can aff! OO\$+3O5

Our Steps to Recovery

!O *(!O * O%*/+(! /O%*O ((O /%#O\$!O * O.! (* !O3%O\$ #! *O(!O!4!O %/!/ +%O+.O5+1.O,,+#.!!/O3\$!*O5 .!O1.*OO+O/,+.OO1/%*#O * (5!%/

! /O *(!O * O%*/+(! /O%*O ((O /%#O\$!O * O.! (* !O3%O\$ #! *O(!O!4!O %/!/ +%O+.O5+1.O,,+#.!!/O3\$!*O5 .!O1.*OO+O/,+.OO1/%*#O * (5!%/

Remember: It is important that you do not overstrain the muscle during resting. It can easily be damaged further.

Support & Prevention

OOO\$!O! .(5O/O #!/O+"O5+1.O%*&1.5 O 3!O.! +))!* OO\$ OO5+1O1/!O *'(!O /1,,+.0O * O#!(O 1/\$%+*O%*/+(! /O%*O /O 5+1.O/\$+! /



+ .O%*" +.) 0%+*O * O ,, +%*O)!*O/

Maida Vale (London)

Maidenhead (Berkshire)