

ANKLE STRAIN



PATIENT OSTEOPATHY PARTNERSHIP

EXPLORE
EMPATHISE
EXPLAIN
ENGAGE
EXERCISE

A Common Problem

Ankle pain indicates to us a cycle of increasing strain and greater stiffness.

Ligaments supporting the joint are most vulnerable when muscles tighten, making them weaker.

The arch in your foot arch can become twisted, causing it to go rigid. This affects the muscles in your leg which brace the ankle.

Muscle imbalance and the pain caused from it can affect how you walk.



Treatment & Advice

We can help by using the following methods:

- 'Functional Active Release' to release tight muscle above the ankle.
- The application of heat to the calf and shin areas of the leg.
- Encourage muscle and blood flow to enhance support and control of the ankle.

We would then recommend the following self-care tips:

- Reduce areas of swelling with ice. Please do not use for longer than 5 minutes bursts as this will freeze the area and reduce healing.
- RICE - Rest, Ice, Compression and Elevation.
- Strength training and muscle balance exercises. This can include gentle body weight lunges, wobble board training and swimming.

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

If you are unsure about what is best, please contact the team or your GP for advice.

Support & Prevention

At the early stages of your injury, we recommend that you use ankle support and gel cushion insoles in all your shoes.

These will help support the foot arches and prevent the ankle from rolling when standing or walking.

Squat Analysis

We use a specialised 'SQUAT' analysis to test symmetry, stability and fatigue of the leg.

This helps give a better idea of when you are ready to run again without fear of re-injury.



Using this technique helps you monitor any remedial action needed at the earliest stage. Please contact the team to arrange an appointment.

Our Steps to Recovery

To summarise, here are the steps in your journey to recovery:

1. Use ankle and insoles in all shoes.
2. Apply heat to the affected muscles daily.
3. Strengthen and rebalance with gentle exercises.
4. Monitor your progress when you return to sport using 'SQUAT' analysis.



For information and appointments:

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