

H22 Chronic Ankle Sprains

May 2007

Intro: Here's a question for you: What's the most common joint injury people can get? It's an ankle sprain. And if you do twist your ankle, your chances of re-injuring it are very high unless you make an effort to strengthen it. Get the details from Mayo Clinic.

Video

Total running time 1:39

**Manda Duncan
Has Ankle Sprain**

Audio

SHE'S ONLY 18, BUT LACROSSE
PLAYER MANDA DUNCAN SUFFERS
FROM AN OLD INJURY.

"IT'S A LITTLE SORE TODAY
ACTUALLY."

"IT" IS HER RIGHT ANKLE. MANDA
SPRAINED IT IN MIDDLE SCHOOL
AND RE-INJURED IT DURING A
BASKETBALL GAME LAST YEAR.

"I WAS GOING UP FOR A LAY-UP
AND I LANDED ON A GIRL'S FOOT.
ROLLED IT. IT WAS ALL PURPLE ON
THE OUTSIDE. IT WAS SUPER
SWOLLEN."

MANDA'S ANKLE HASN'T BEEN THE
SAME SINCE. YOU SEE, PEOPLE
WHO HAVE BAD ANKLE SPRAINS
ARE AT INCREASED RISK OF

Edward Laskowski, M.D.
Mayo Clinic Sports Medicine

animation

To training video

REPEAT INJURIES.

“USUALLY THAT’S BECAUSE THE
TISSUE HAS NOT REGAINED ITS
MAXIMUM STRENGTH AND
STABILITY.”

SPRAINS WEAKEN YOUR ANKLE.

DR. EDWARD LASKOWSKI

EXPLAINS HOW.

“THERE ARE THREE LIGAMENTS
ON THE OUTSIDE OF THE ANKLE.
THESE LIGAMENTS ARE
SOMEWHAT MORE FRAGILE THAN
THE LIGAMENTS ON THE INSIDE OF
YOUR ANKLE. USUALLY PEOPLE
ROLL THEIR ANKLE INWARDS AND
IN DOING SO TEAR THE FIBERS OF
SOME OF THOSE ANKLE
LIGAMENTS.”

EVEN AFTER THEY HEAL, THE
TORN LIGAMENTS MAY NEVER BE
AS STRONG AS THEY WERE
BEFORE THE INJURY. SO YOU
HAVE TO TRAIN AND STRENGTHEN

THE MUSCLES AROUND THE
LIGAMENTS TO GET NEEDED
BALANCE AND SUPPORT. FOR
EXAMPLE, MANDA DOES
RESISTANCE TRAINING WITH
ELASTIC BANDS TO BUILD
STRENGTH. SHE ALSO STANDS ON
ONE LEG OR USES A WOBBLE
BOARD TO IMPROVE BALANCE.
RIGHT AFTER A SPRAIN IT MAY
HELP TO USE A BRACE TO
SUPPORT YOUR ANKLE, BUT
BRACES ARE NOT THE IDEAL
LONG-TERM SOLUTION.

Standup
Vivien Williams
Reporting

"THE BEST BRACE YOU CAN GIVE
YOURSELF IS A MUSCLE BRACE."
A STRONG AND BALANCED
FOUNDATION TO HELP KEEP YOU
IN THE GAME. FOR MEDICAL EDGE,
I'M, VIVIEN WILLIAMS.

Edward Laskowski, M.D.

Anchor tag:

Dr. Laskowski's research into chronic ankle sprains has shown that an exercise program can help maximize ankle stability and prevent future injuries. For more information on preventing and treating ankle sprains, visit our Website at... **STATIONS:** **Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**