

Do You Have Ankle Problems?

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Well, two thirds of the sports calendar is complete and the busy spring schedule is upon us. Many teenagers will be competing in activities such as baseball, softball, track, tennis and golf in the upcoming spring months. During these activities there will likely be times of bumps and bruises, however, there is the chance for more serious injuries. The most common injury likely to occur in all of these events will be an ankle sprain. This injury often occurs due to the foot/ankle turning in (inversion), therefore stretching or slightly tearing the ligaments of the ankle. Ankle sprains are graded in severity from I-III with grade I being less severe than grade III. Chances are that a grade I ankle sprain will likely cause the athlete to miss some practice time and possibly a game. However, more severe ankle injuries can cause significant loss in competitive time and increase an athletes chance of re-injuring in the future if not treated properly. The ligaments of the ankle are responsible for providing stability and joint awareness or where your foot is in space. Therefore, without treating these problems, re-injury is likely. Physical therapy to help strengthen and stabilize the ankle is essential to helping return the athlete safely. If you have questions regarding ankle sprains or injuries contact your physician or local physical therapist.