



ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation in 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries



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This brochure is compliments of:

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Ankle Sprains



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Ankle Sprains

A sprain occurs when a ligament (which connects bone to bone) is stretched beyond its limits.



Ankle sprains usually occur as a result of a fall, twisting of the ankle, or landing hard on the foot awkwardly. A severe sprain can even cause the ligament to tear.

Signs of an ankle sprain may include:

- Pain
- Swelling
- Bruising
- Inability to put weight through the foot
- Stiffness or limited motion

Any changes in sensation (numbness/tingling) should be evaluated by a physician.

Treatment of an ankle sprain varies depending on the severity of the sprain, but initial recommendations include: **R.I.C.E**

Rest– limit your walking. You may need to use crutches, depending on the severity of the sprain.

Ice– to be applied for no longer than 15-20 minutes at a time, every 1-3 hours. (Applying cold for a prolonged period of time can cause numbness and nerve injury).

Compression– wrapping your ankle may help to decrease swelling and bruising, as well as discomfort. Ankles must be wrapped in a figure-8 fashion so as to not cut off circulation in the foot.



Elevation– elevate your foot above or at the level of your heart to prevent swelling.



See your doctor if you are unable to bear weight through your foot, if swelling does not subside within 48 hours, if you notice any changes in sensation, or if you continue to have pain longer than 2 weeks after your initial injury.

X-rays may be taken to rule out fracture of the bone.

Medication– The use of an anti-inflammatory medication, such as ibuprofen or naproxen, are often recommended to decrease inflammation and pain in the ankle.



Return to activity-

Movement is usually indicated early to prevent stiffness of the joint, and to decrease swelling and pain.

Depending on the severity of the sprain, slow, gradual increase in activity is recommended.

Recurrent aggravation of the injury may cause a chronic condition and prevent full recovery.



A physical therapist can help you to plan a program of strengthening, stretching and balance exercises appropriate for your condition.

Occasionally your physician may recommend wearing a brace to improve your stability while returning to sports and/or to prevent further injury.

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