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(Across From Home Depot)

ANKLE INJURIES



Ankle sprain

Swelling, inflammation, and bruising of ankle



Damage to ligaments of the ankle

WHAT?

A sprain is an overstretch injury to a ligament.

The goals in treating a sprain are to alleviate pain and improve functional ability, while reducing inflammation, swelling and bruising.

SYMPTOMS? May be, but are not limited to: pain, swelling and/or redness tenderness, weakness, and decreased functional ability.

CAUSES? The cause of a sprain is a trauma-related sudden twist or wrench of the joint beyond its normal range of motion.

Other contributing factors include hypermobility(joint laxity), a history of previous sprains to the ankle, altered biomechanics that place stress on the ligaments and joint as well as connective tissue pathologies such as rheumatoid arthritis.

TREATMENT OPTIONS

The Key is to determine what caused the sprain as well as any predisposing factors to prevent the occurrence again as well as reducing pain and swelling to return to normal function.

LASER - Reduces inflammation/swelling and increases cellular repair

MASSAGE - Treating adhesions and lengthening / stretching musculature

BRACING - Eases pain during the day and corrects alignment while providing stability to prevent further injury

ORTHOTICS - Corrects any gait problems such as over-pronation

ICING - Beneficial for decreasing inflammation and pain



Back 'n Motion offers a multi-faceted approach to pain management.

LASER · MASSAGE · ORTHOTICS · BRACES · STOCKINGS