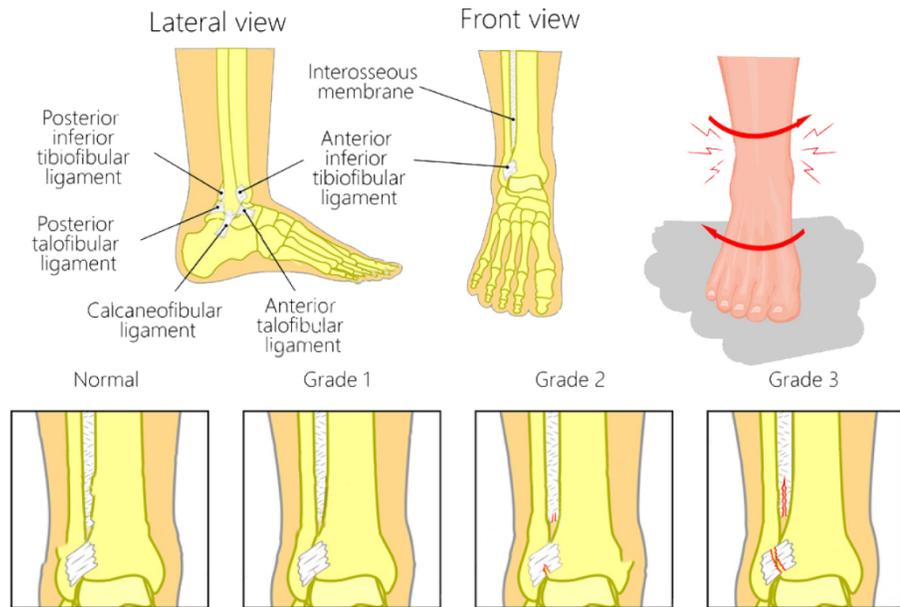


YOUR GROUP23

PATIENT HEALTH JOURNEY

BECOME AN EXPERT: High Ankle Sprain

High ankle sprains, or syndesmotic sprains, occur when ligaments above the ankle joint are stretched or torn. This can cause pain, swelling, instability, and difficulty walking. The anterior inferior tibiofibular ligament, posterior inferior tibiofibular ligament, and interosseous membrane are the three common ligaments affected by this type of injury. These tissues stabilize the lower portions of the tibia and fibula (also known as your shin bones), allowing movement such as walking or running. This injury often happens when your foot is flexed upwards (dorsiflexion) and the ankle twists inward or outward.



High ankle sprains are most common in sports such as football or hockey. Compared to the more common lateral ankle sprain, high ankle sprains are less frequent and take twice as long to recover from.

Symptoms of a high ankle sprain may vary, but can include slight swelling or bruising, inability to perform stepping movements, difficulty walking on your toes, difficulty flexing the foot upwards (dorsiflexion), stiffness of the ankle joint, and pain that radiates up the leg beginning at the ankle. The healing time for a high ankle sprain usually takes six to twelve weeks, depending on the severity or grade of injury and what other structures were affected.

Grade 1 (mild) sprains are characterized by the stretching of the ligament(s) beyond their individual tolerance. Individuals may experience mild pain, tenderness, and swelling just above the ankle. Pain usually increases with palpation of the area and/or weight-bearing activities. The usual recovery time is 6-8 weeks.

Grade 2 (moderate) sprains occur when the ligament(s) have been stretched past their individual tolerance and some tearing has taken place. Individuals may experience moderate pain, swelling, and tenderness just above the ankle. In many cases, this injury requires a short period of immobilization in a cast or boot. Recovery time can span from 6-12 weeks.

Grade 3 (severe) sprains are the most severe and occur when the ligament(s) have been stretched past their individual tolerance and full tearing or rupture of the ligament(s) has taken place. There is often severe pain and tenderness in the area, and ankle mobility and tolerance to weight-bearing are extremely limited. In many instances, surgery will be required, and immobilization with a cast or boot is necessary for several weeks. Recovery time can span upwards of 12 weeks or longer.

BECOME AN EXPERT cont'd

During the early stages of a high ankle sprain, the focus of treatment is on reducing pain and swelling. This usually involves a combination of rest, ice, compression, and elevation (RICE).

Initially, a brace or boot may be worn to provide stability for the healing ligaments and tissues. It is important not to rush back to activities too soon, as following proper rehabilitation protocols ensures a more timely recovery.

Regaining full range of motion, strength, balance, and proprioception are key factors in restoring the ankle's functional ability. Gentle range of motion exercises are beneficial during the initial rehabilitation phase, and strengthening exercises are progressively introduced to build the ankle's tolerance to load.

A gradual return to activities like running, jumping, and walking can be initiated once full ankle function has been regained. Only then can more intense activities, including sports, be reintroduced.

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the words high ankle sprain; it's important to us that you understand what it means!

Now that you know more about high ankle sprains, we can address treatment options that will allow you to return to sport/activity as soon as possible. No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create good SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way. The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of high ankle sprains. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



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