

# SHENANDOAH PODIATRY NEWSLETTER

Provided by **INMOTION FOOT & ANKLE CENTER**

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## ANKLE SPRAINS CAN BE SCARY

### What Is an Ankle Sprain?

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue – like rubber bands – that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement.

Some ankle sprains are much worse than others. The severity of an ankle sprain depends on whether the ligament is stretched, partially torn, or completely torn, as well as on the number of ligaments involved. Ankle sprains are not the same as strains, which affect muscles rather than ligaments.

### Causes

Sprained ankles often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. Ankle sprains commonly occur while participating in sports, wearing inappropriate shoes, or walking or running on an uneven surface. Previous ankle or foot injuries can also weaken the ankle and lead to sprains.

### Prompt Medical Attention Is Needed

An untreated ankle sprain may lead to chronic ankle instability, a condition marked by persistent discomfort and a “giving way” of the ankle. Weakness in the leg may also develop. **If you or someone you love is suffering from an ankle sprain please call us at (540) 904-1458.**

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