

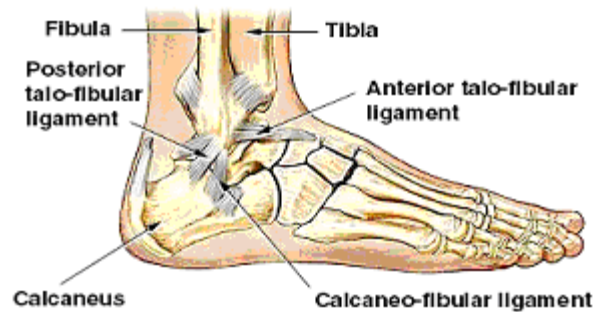


Want to know a little more?

Lateral Ankle Sprain

The outside edge of the ankle is supported by three ligaments which form a fan like shape :

- ATFL — Anterior Talofibular Ligament
- CFL — Calcaneofibular Ligament
- PFL — Posterior Talofibular Ligament



These ligaments may be injured with twisting the ankle when the foot turns inwards, overstretching the ligaments. Most commonly the ATFL is torn.

Management ankle ligament tears includes three stages:

Stage 1: Reducing swelling and further damage within the ankle

Stage 2: Regaining ankle movement and walking ability

Stage 3: Increasing muscle strength and balance of the ankle to allow return to physical activities and reduce the risk of re-injury.



Your physiotherapist can safely guide you through these stages to ensure maximal recovery from your ankle sprain.

Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist

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