

Ankle Sprains



What is an Ankle Sprain?

An ankle sprain occurs when the ligaments that support the ankle joint are stretched or torn. Ligaments are strong bands of tissue that help keep your ankle stable and prevent excessive movement.

Ankle sprains most commonly happen when the foot rolls inwards, overstretching the ligaments on the outside of the ankle.

👉 In simple terms: **It's an injury to the tissues that hold your ankle together, usually caused by rolling or twisting your foot.**

Why do Ankle Sprains happen?

Ankle sprains usually occur suddenly during everyday activities or sport.

Common contributing factors include:

- Stepping on uneven ground
- Landing awkwardly from a jump
- Changing direction quickly
- During sports like football, netball, basketball, or soccer
- Wearing unstable footwear

Previous ankle sprains increase the risk of future injury if not properly rehabilitated

Common symptoms

- Pain around the ankle
- Swelling and bruising
- Tenderness to touch
- Stiffness
- Difficulty walking
- Feeling on instability or 'giving way'

How can physiotherapy help?

Most ankle sprains recovery well with early movement and rehabilitation. Our physiotherapists will be able to tell you how severe your injury is in relation to its 'grade' and whether any further scans/reviews would be required.

Physiotherapy for lower grade injuries may include:

- Relative rest, ice, compression, elevation and bracing initially
- Restoring movement and flexibility
- Strengthening of the ankle and calf muscles
- Balance and proprioception training
- Prevention of repeat injuries which are very common in the ankle

Don't let your ankle sprain turn into a long-term problem.

Our experienced physiotherapists will:

- Assess the severity of your injury
- Create a personalised recovery plan
- Guide you through safe rehabilitation
- Support your confident return to movement

Early treatment leads to a faster recovery and better long-term outcomes. Contact our team today to book an appointment with one of our physiotherapists. Get back on your feet with confidence.