

G4 Physiotherapy & Fitness Newsletter



July 2017

Ankle Sprains

Ankle sprains are everyday occurrences that commonly take place in sports or other leisure and recreational activities. The ankle joint is supported by medial and lateral ligaments (inner & outer respectively) and are designed to adapt to uneven terrain and awkward landings but may become injured following a sudden twist or fall. Such incidents may lead to a ligament sprain (tear/rupture) or in severe cases, a fracture or dislocation.

Causes: The most common injuries are normally associated with the lateral ligaments that may sprain following a forceful twist of the ankle inwards as the foot strikes the ground. This may cause the ligaments to tear as they overstretch beyond their limit. If the ankle joint is overstretched outwards, the injury is normally

associated with the lateral ligaments. Ankle sprains are common in day to day activities such as walking downstairs, falling off the edge of a kerb or misplacing the foot whilst walking. Sprains are more common amongst sports and leisure activities that involve running, walking and jumping on uneven terrain. Lower limb biomechanical implications and poor footwear may also be one of the underlying factors to the problem.

Symptoms & Diagnosis: Pain, swelling and bruising are the most common symptoms associated with an ankle sprain. The degree of the symptoms will vary depending on the extent of the sprain from mild to severe. In more severe cases, walking will be difficult and weight

bearing on the ankle may be problematic. A skilled physiotherapist will diagnose the problem and an X-ray may be indicated to identify whether there is a fracture.

Management: Physiotherapy will help to reduce pain and inflammation in both acute and chronic cases. An ankle support or strapping may be required to support and stabilise the joint during the acute phase. Subsequent rehabilitation will help to restore full function and assist with a swift return to sport and other leisure activities. A biomechanical assessment may be indicated to identify whether any underlying factor exists that may have contributed to the injury.

Please feel free to contact the G4 Clinic to speak to a member of the team for any questions that you may



Up and coming Events

- ◆ 1st: Manchester Colour Run 5km
- ◆ 2nd: York Tri
- ◆ 2nd: Great Newham London Run 10km
- ◆ 9th: UK We Love Manchester 10km
- ◆ 16th- Birmingham Tri
- ◆ 19th- Durham City 5km & 10km

Meet The Team



Podiatrist: Tom
BSc (Hons)
Podiatry. HCPC
Registered.

Tom comes from a background of high risk wound care in the NHS, specialising in diabetic feet and general podiatry.

As a long distance runner Tom was initially introduced to podiatry as a patient and draws on his knowledge of the sport to tailor his treatments to each patient's needs. His main motivation is getting his patient's walking again without pain from their feet.

Aside from running he also enjoys cycling and mountaineering - having recently returned from a remote expedition to the Himalayas as the team's medic and foot care specialist.

At the G4 clinic Tom is offering treatment of general podiatry complaints from callus and corns to verrucas and ingrowing toenails.

Basic exercises for ankle sprains



1. Single leg balance



2. Thera-band strength work. (Plantar-flexion)



3. Thera-band strength work. Eversion/Inversion

Pilates & Core Stability Classes

Pilates is a fantastic activity for men and women to improve core stability, muscle tone, posture and balance. It helps people of all activity levels, from sedentary to athletic, and can also help those suffering from lower back pain and/or requiring injury rehabilitation.

Monday AM: 6.30am – 7.30am

Monday PM: 6pm—7pm

Wednesday AM: 7am-8am, 9.45 am—10.45am

Wednesday PM: 6pm – 7pm, 7pm – 8pm & 8pm –9pm

Thursday PM: 6pm – 7pm, 7pm – 8pm & 8pm – 9pm

Friday AM: 9.45am – 10.45am

Saturday AM: 10am – 11am

