

G4 Physiotherapy & Fitness



December 2017

High Ankle Sprain: (Syndesmosis Sprain)

A high ankle sprain is a specific type of ankle sprain that occurs between the Shin bone (Tibia) and the Splint bone (Fibula). Although a normal ankle sprain usually occurring over the lateral (outside) ankle ligament is one of the most common injuries seen in sports, the high ankle sprain is a lot rarer.

A high sprain is a result of damage to a structure called the Syndesmosis, this ligamentous fibrous band of tissues connects the two shin bones together.

Causes: The mechanism most familiar with the injury is an excessive dorsi- flexion (toes and ankle bend up towards the shin) combined with excessive external (Outwards) rotation of the shin.

Symptoms & Diagnosis:

This type of injury can be classified into 3 levels;
Grade 1: In which a small percentage of the fibres are damaged, usually there will be pain on ankle

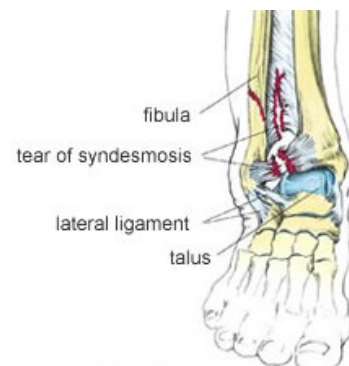
movements and the ankle painful to touch

Grade 2: A much higher percentage of the fibre are damaged, as a result there may be gaping between the Tibia and fibular joint, usually there will be substantial pain, swelling present around the whole point and weight bearing will be painful.
Grade 3: This is a full rupture of all the fibres, the joint will look deformed and there may be a possibility that it may be dislocated. Pain will be excruciating and reduced weight will be able to be put through the affected leg

Management: For a Grade 1 and 2, the average recovery time is approximately one-two months. Grade 3 injuries may require surgery. During the first 48-72hours it is important to following normal PRICE protocols; Protection, Rest, Ice, Compression and Elevation. Weight bearing should be limited during this period if painful to do so. Crutches may be given out for the first couple of days to help with

mobility while reduced weight bearing.

Following a full assessment by a physiotherapist and once any x-rays have been cleared, treatment can begin early on, Electrotherapy, soft tissue and manual therapy can help to reduced swelling and aid with healing and scar tissues formation. Once able to walk pain free, a rehabilitation programme can begin, this will involve more active session working to gain strength, movement and proprioception back to the ankle



Up and coming Events

- ◆ 2nd Dec: Alder Hey 5km (Liverpool)
- ◆ 3rd Dec: Hoka Stockport 10miles
- ◆ 3rd Dec: Jingle Bell Jog (Salford Quays 4.2km)
- ◆ 10th Dec: Tatton Yule Yomp 10km

Basic Exercises For Ankle Sprains



Single Leg Balance



Wobble Board



Calf Raises



Inversion

Eversion

Thera-band
Eversion/Inversion

Class Timetables

Flexibility Classes

Monday AM: 9.30-10.30am

Thursday AM: 9.30-10.30am



Pilates Classes

Monday AM: 6.30am – 7.30am

Monday PM: 6pm–7pm

Tuesday AM: 7am-8am, 10am–11am

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

Thursday AM: 11am-12pm

Thursday PM: 7pm – 8pm

Saturday AM: 9.30am-10.30am & 10.30am-11.30am

NEW Yoga Classes

Wednesday/Friday 9.30am-10.30am & Sundays 9.30am-10.30am & 10.30am-11.30am

Endurance & Strength Classes

Strength Training

Tuesday PM: 6pm-7pm

Thursday PM: 5pm-6pm

Friday PM: 12pm-1pm

Circuit Training

Monday PM: 12pm-1pm

Tuesday PM: 7pm-8pm

Friday PM: 12-1pm