



Ankle sprains

What is an ankle sprain?

An ankle sprain is the overstretching of the ligaments (structures that connect bone-to-bone) during a traumatic fall or twisting of the ankle. There are varying types of ankle sprains, dependent on location and severity. Lateral (outside of the ankle) sprains are most common.

How can it happen?

- Children/adolescents who participate in running and jumping activities (football, soccer, gymnastics, dance, baseball, track, volleyball, basketball, hockey, etc.)
- Children/adolescents who have had a traumatic fall or twisting of the ankle
- Children/adolescents who have learned improper training techniques and/or use improper shoes or equipment
- Running on uneven surfaces, cutting motion during sprints or landing on a foot when landing from jumping

What are the symptoms?

- Swelling/edema
- Discoloration
- Loss of movement
- Loss of strength
- Tenderness around ankle joint
- Limited tolerance or inability to bear weight

How do we treat ankle sprains?

- RICE (rest, ice, compression, elevation)
- Movement exercises to aid with swelling and restore motion
- Walking boot/ankle braces
- Strengthening programs to return athletes to sport



Returning to activity

Returning to sports or activities after ankle sprains may vary depending on severity. Some children/adolescents with mild ankle sprains may return within seven to 10 days, moderate to severe ankle sprains can take anywhere from two weeks to six months to fully heal and return to activity.

We can help!

Schedule an appointment with our certified athletic trainer to get back in the game. We can help with treatment and rehabilitation of ankle sprains. We also can help with developing a home program to strengthen the ankle to prevent ankle sprains in the future.

To schedule an appointment or learn more, call 682-303-8070.

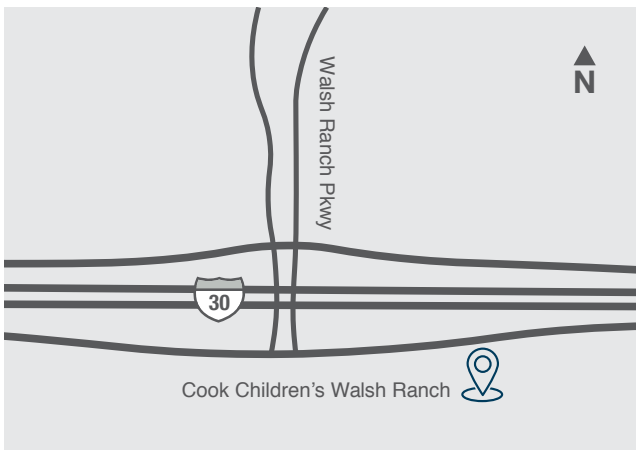


Savana Turner, ATC

Savana is an athletic trainer at Cook Children's

Education: Bachelors of Arts in Athletic Training from the University of Northern Colorado; Master of Arts in Sports Administration from the University of Nebraska at Kearney

Biography: Savana joined Cook Children's Orthopedics and Sports Medicine program at Walsh Ranch in 2019. Savana has experience working with all types of athletes, including extensive experience with softball, baseball, volleyball and wrestling athletes. While working in Alaska, Savana launched an outreach program focused on providing the local high schools and community with consistent access to an athletic trainer. Savana also treated patients at a physical therapy clinic, which allowed her to focus on her prevention and rehabilitation skills. Here, she played a critical role in providing the community with medical coverage for several state wide athletic events including the rodeo and mountain races. She also provided free movement screening for several organizations and student athletes.



Location

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