

EDFL Injury Prevention and Management.

Common Sport Injuries: Ankles

Title: **Ankle Injuries**
Date: **May 2014**
Author: **Samuel Myers, Physiotherapist, Physioworks Health Group**

Ankle injuries are very common on the sporting field.

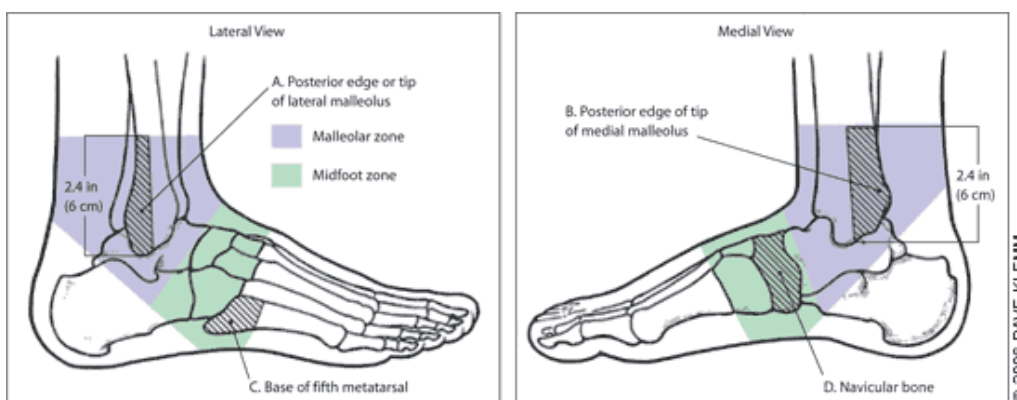
Most ankle injuries will occur to the lateral aspect on the ankle joint, causing disruption to the ligaments that support the joint (*see diagrams below*)

In Football and Netball, the typical mechanism of an ankle sprain is standing or landing on a turned-in foot. The player may feel a crack, pop or tearing sensation at the time of incident, and significant swelling may follow.

Neither the sound nor swelling are good indicators of the extent of the injury. Your club physio or trainer should screen the ankle for bone damage before clearing a player to return to the field.

By following the “*Ottawa Ankle Rules*”, your club physio or trainer can decide if a player can return to the field, or if they require an X-ray.

1. Does the athlete have any pain in the malleolar zone? (*see diagram below*)
2. Is there any tenderness on the posterior aspect of the tibia (*inside of ankle*), up to 6 cm above the ankle?
3. Is there any tenderness on the posterior aspect of the fibula (*outside of ankle*), up to 6 cm above the ankle?
4. Is the athlete unable to weight bare four (4) steps at the time of injury or at the time of assessment?



If you answered yes to the first rule, and any one of the following three, the athlete **should not return to the field** and should be referred for an X-ray.

Generally, pain and function permitting, a player should be able to return to the field after a low grade ankle ligament sprain. Appropriate strapping and a skills test by your physio or trainer should be completed before considering return to the field.



With a low grade ankle sprain it is important post game that the player apply the [RICE and HARM principals of injury self management](#) to assist in best recovery.

The key aspect of ankle management is to get the correct diagnosis, treatment and rehabilitation as soon as possible to ensure a quick return to play and most importantly ensuring that the injury doesn't become chronic.

For further information, assessment or treatment please don't hesitate to contact the team at [Physioworks Health Group](#)

About the Author - Samuel Mayes:

[Samuel Mayes](#) is a physiotherapist consulting at Physioworks Health Group Cranbourne and Pakenham clinics. He is the club Physiotherapist at the Pakenham Lions Football Club. This season he will again be the attending physio for the CCFNL rep teams, a role he performed in 2013.

About Physioworks Health Group:

[Physioworks Health Group](#) has a team of dedicated physiotherapists and health professionals providing a range of specialist health services at clinics in Cranbourne, Pakenham and Camberwell. Physioworks is the Medical and Health Care partner of the EDFL. Physioworks Director David Francis is the Head Physiotherapist to the Collingwood Football Club.