

ANKLE INJURY PREVENTION

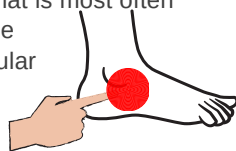
Issue 11

What can YOU do to help prevent ankle sprains?

SOFT TISSUE INJURY SAFETY

THE ROLL

The most common ankle sprain occurs on the lateral, or outside, area of the ankle. The ligament that is most often "sprained" is called the ATFL: anterior talofibular ligament. The sprain can be classified as:

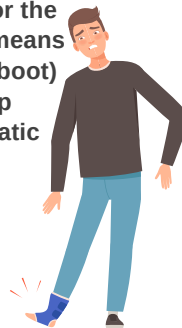


- **Mild:** ligaments are fully intact, but may be strained
- **Moderate:** ligaments may be partially torn, but largely intact (bruising will be present)
- **Severe:** ligaments may be fully torn, along with muscle tendon damage and possibly a fracture

RISKS



- Having a previous ankle sprain or injury
- High BMI
- Improper shoes
- No external support (for the industrial athlete this means a lace up ankle height boot)
- Lack of proper warm up before activity (both static and dynamic prep)
- Stiffness into ankle dorsiflexion range
- No participation in a balance or exercise program



SHOES



Shoes can play a large part in prevention of ankle injury! Have you taken a good look at your footwear recently?

- Are your shoes comfortable and in good shape?
- Change or replace your shoes every 500ish miles of wear
- The size or shape of your foot can change as you age...so your shoes might have to as well!
- Heavier shoes will *fatigue your legs faster*, which may put you at a higher risk



Shoe lifetime = 300-500 miles

PRINCIPLES OF PREVENTION



What would an athlete do?

The BEST evidence we have when a sprain has occurred is to support it (use a high quality brace), then use it! Progressive return to full activity as soon as you feel comfortable is how we load and strengthen the ankle.

#strongisneverwrong

PREPARED Principles

Start the workday with a dynamic, movement based warm-up

Add these balance exercises to your prep!



Preparation IS Prevention!

Do you know lack of ankle flexibility can also affect your ability to squat properly.

Kill 2 birds with 1 stone and make sure you are stretching your calves every day! Hold 20+ seconds, then repeat!

