

## THE ANKLE ROLL

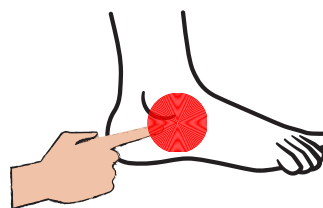
BY WRNW

Ankle sprains are very common in sports, particularly with activities that involve uneven ground surfaces, cutting or jumping movements, or unexpected events. Unsurprisingly, these activities can also impact the industrial athlete. You may not be landing from a lay up or chasing a ball, but you have varying surfaces that can be uneven or unpredictable.

**Ankle sprains can be an inconvenient injury, especially if your job requires a lot of walking or time on your feet.**

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



As with any injury, there are inherent risks for an ankle sprain. This is great news because we have many ways to prevent a sprain! Here are some risks and ways in which we can mitigate them:

- |  |   |   |
|--|---|---|
| • <b>History</b> of a previous ankle sprain or injury  | → | • <b>Ensure</b> your footwear is in good condition, not heavily worn on one side, and you can still see the tread.  |
| • <b>High BMI</b>  | → | • <b>Change</b> your work shoes every 300-500 miles   |
| • <b>Improper shoes</b>  | → | • <b>Wear</b> lace up boots: this offers protection by adding additional support  |
| • <b>No external support</b> (for the industrial athlete this means a lace up ankle height boot) | → | • <b>Warm up</b> properly with both a dynamic and static pre-shift prep   |
| • <b>Lack</b> of proper warm up before activity (both static and dynamic prep)                   | → | • <b>Reinforce</b> your home program to include stretching for the ankle and calf, balance exercises to challenge your strength and stability, and leg strengthening exercises such as squats, calf raises, and single leg dead lifts |
| • <b>Stiffness</b> in ankle dorsiflexion range   | → |   |
| • <b>No participation</b> in a balance or exercise program                                       | → |   |

### THE SINGLE LEG RDL

Make it slow & steady!



### THE SINGLE LEG BALANCE

Up the challenge by closing your eyes!



### THE CALF STRETCH

Feel it here!



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time..

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