

If you sustain an ankle sprain, it would benefit you to schedule an appointment with a physical therapist as soon as possible!

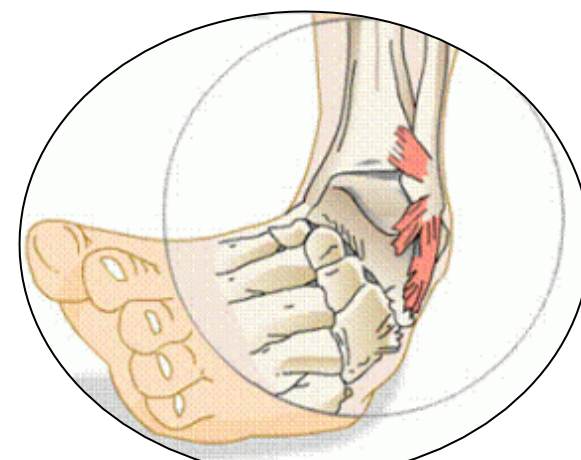
Researchers have found that individuals who experience an ankle sprain demonstrate greater improvements in function and pain reduction when receiving manual therapy and specific exercises provided by a physical therapist.¹



From: <http://www.actionphysicaltherapy.com>

References:

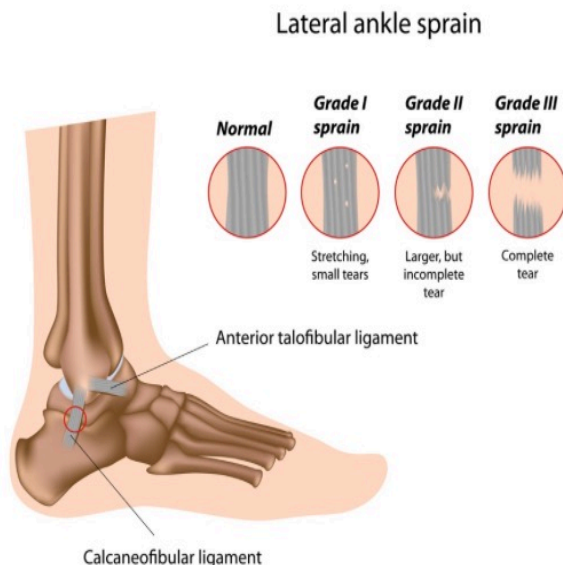
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doi:10.1177/0363546503262177



From: <http://breatheball.com>

Have you experienced an ankle sprain?

Here are some ways you can prevent another ankle sprain...



From: <http://www.bestphysicaltherapistnyc.com>

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Correct Landing Mechanics May Reduce Risk of Ankle Sprain



From: <http://www.telocompro.es/zapatillas-puma-air-cell-akila>
 From: <http://www.thera-bandacademy.com>

- *Wear reputable lace-up ankle brace²*
- *Avoid wearing shoes with air cells located in the heel³*
- *Engage in balance exercises on stable ground, foam pad, and wobble board⁴ (ask your fitness professional about balance exercises)*
- *Perform leg stretches before engaging in physical activity or sport³*

Line Not Straight:
Potentially harmful



From: <https://www.youtube.com/watch?v=qJXkgxBQZdY>

Line Straight: Less Risk of Injury



From: <http://www.endurancewod.com/blog/1/post/25>



From: <http://a.espn.com>

Did you know?

- Individuals who have a history of ankle sprain are up to 5 times more likely to sprain their ankle again than someone who has never sprained their ankle.³
- Individuals who do not wear lace-up ankle braces during sporting activities (e.g. basketball) may have 3 times the risk of sustaining an ankle sprain when compared to those who do wear a lace-up ankle brace.²
- Individuals who engage in balance exercises following an ankle sprain can decrease their risk of sustaining another ankle sprain by 35%.⁵