

Physical Therapy *News*

Ankle Sprains

The ankle is the most common site of sprains in the human body. An ankle sprain can happen to anybody at a time when you least expect it. Normally, it occurs after a sudden unnatural twisting of the foot which can tear the ligaments of the ankle. An ankle injury affects every aspect of your daily life, most notably your ability to walk and drive.

The symptoms and sign of ankle sprains may vary depending on the severity. There might be tenderness, bruising, swelling and stiffness. Walking can be painful if the ankle sprain is serious.



A mild ankle sprain may not require a doctor's attention but if any of the following happen after you twisted your ankle, consult your doctor.

- Uncontrollable pain even after taking medications
- You are unable to walk or cannot walk without severe pain.
- The ankle is swollen beyond normal and is not improving within 5-7 days.

Ankle sprain can be prevented by:

- Wearing shoes that give the proper support for the ankle.
- Maintain the strength and flexibility of the ankles. Consult a physical therapist for strengthening exercises

Balance and Strengthening Exercises Reduce Chronic Ankle Sprains

Strength and balance exercises, which can be designed for you, can be effective at reducing the risk of ankle sprains and pain associated with the injury. Strength training utilizing the muscles that turn your foot in (these muscles are called the invertor muscles) and turn your foot out (these muscles are called the evertor muscles) may lower the incidence of ankle sprains.

Balance intervention training involves an assortment of strength training exercises. A physical



Dr. Henrick Macalintal, DPT

TESTIMONIALS

Henrick helps me a lot after I broke my ankle from fall, I can't walk due to severe pain now I am able to run pain free. Fr. E. Gloyne Long Beach, CA

The Best therapy place I ever been. I've been to Kaiser, Cedar's and 3 other clinic and nothing like this, equipment very up to date, everybody very helpful, staff always with a smile on their face from front office, therapist and doctors. I highly recommend this place "Motion Plus Aquatic". Fr. A Bynum, Los Angeles, CA

I have worked with Henrick and I am amazed with his efficiency! He has helped me overcome all the aches and pains that prevented me from working and doing the things I wanted. He is an excellent therapist and I recommend him highly! Coming to your clinic was one of the best decisions ever. Thank you so much! Fr. L Fantroy. Torrance, CA

Physical Therapy for Your Core

Here are some of the ways that the therapist can use orthopedic physical therapy to treat patients:

- **Stretching and strengthening.** Proper stretching exercise can help a patient who has stiff joints. In order to aid a patient in improving the function of his/her muscles, improving the range of motion, strengthening workouts, or increasing endurance and stamina are developed. Closed chain workouts are meant to assist in balancing the strength of muscles.
- **Ice and heat therapy.** This warms up and cools off muscles and contributes to the stimulation of blood circulation as well as a decrease in swelling. Deep tissues are stimulated and warmed while the blood flow is improved by utilizing an ultrasound probe. Though there are many orthopedic problems which can be solved without physical therapy, it is most advisable to learn easy or complex exercises from an expert physical therapist, which can hasten the healing process.
- **Ultrasound machines.** This type of treatment modality, which utilizes high or low frequency sound waves, is used by physical therapists. These sound waves are transmitted to the surrounding tissue and vasculature. They penetrate the muscles and cause deep tissue/muscle warming. This promotes tissue relaxation and therefore is useful in treating muscle tightness and spasms.

Don't hesitate to contact an expert physical therapist to help you improve and reach your full recovery. Call us now.

therapist will teach you how to safely conduct these exercises so you eventually can perform them at home or your training facility.

Balance intervention training involves an assortment of strength training exercises. A physical therapist will teach you how to safely conduct these exercises so you eventually can perform them at home or your training facility. Try one of these sets:

1. A single leg stance on the floor
2. Single leg stance while the opposite leg swings.
3. Single leg squats on the floor at a 30 to 45 degree angle.
4. Single leg stance while performing a sports activity such as catching or dribbling.
5. Try a double leg stance on a balance board and rotate in a clockwise and then counterclockwise direction.
6. Conclude with another single leg stance.

It is still important to warm up the muscles before attempting these exercises. Try a light jog or jogging in place, backward running, or running forward with knee lifts for 30 seconds. Power and strength exercises such as squats may also provide the additional ankle support.

Again, these are all exercises that should be practiced and learned with your physical therapist to ensure safety and proper technique.

Physical Therapy and Your Training

Depending on your needs, your physical therapist may recommend balance training using a 'balance board', which is an excellent way to stabilize and strengthen the muscles in the foot.

Combined, all the things your physical therapist can teach you can result in a significant reduction in the risk of injury to the ankle. This is especially valuable for athletes, individuals in jobs that require standing all day and women who spend a lot of time in heels.

If you want to strengthen your ankle and minimize the possibility of an ankle injury, all you need is a simple balance training program from your physical therapist.



Call now to schedule an appointment. We'll not only treat you for any ankle injuries, but we'll teach you an exercise program to minimize the risk of ankle injuries going forward.

**CONTACT
INFORMATION**
1-800-659-9311
www.aquatictherapycenter.com

SPECIAL OFFERS, ANNOUNCEMENTS

Free 15 minute phone physical therapy screening and samples of biofreeze pain relieving gel available .