



Ankle sprains are a very common ailment. Ligaments are thick, fibrous structures that hold bones together. When these ligaments tear, it's called a sprain.

### **What causes an ankle sprain?**

There are multiple causes to sprains, and most are associated with trauma. Running and impact sports put the ankle in precarious positions and can forcibly "roll" or invert the ankle in a painful position.

### **What are the symptoms of an ankle sprain?**

The symptoms of an ankle sprain vary depending on the severity of the sprain. In most cases, people will experience pain, swelling, instability, and bruising on the inside and outside of the ankle and sometimes down into the foot and toes. Walking can also be painful.

### **How are ankle sprains evaluated?**

Your physician will examine your ankle to check for signs of a sprain. Also, x-rays are often taken to rule out a fracture.

### **What are treatment options for an ankle sprain?**

These injuries are often treated without surgery in a fracture boot or brace. Severe injuries can require a cast. Surgical repair can be done, but is usually reserved for the late effects of multiple sprains to the ankle.

### **What can I expect after undergoing successful treatment for an ankle sprain?**

These injuries have a good prognosis, often with a return to normal activity in 4-6 weeks.