

With the amount of rain that has been happening and the temperature dropping steadily, the risk of black ice is apparent. We are all guilty of pressing snooze once or twice in the morning, and then having to rush out the door so as to not be late for work. BE CAREFUL this is where one of the most common injuries a sprained ankle takes place, walking down the front door steps and/or on any uneven surface. This article will focus on what is a sprain, typical causes/risk factors, first-aid & rehabilitation of this injury.

A sprain is an injury to a joint, where the supporting ligaments which hold segments of bones together are stretched beyond their capacity. When a ligament is stretched too far it can tear or even worse rupture, thus causing the joint to become painful and swell. Sprained ankles are among the most common of orthopedic injuries and can occur during athletic events or during everyday activities. This injury occurs following a sudden sideways or twisting movement of the foot i.e. an uneven surface, landing from a jump in sport, tripping while wearing heels, unexpected patch of ice etc. All it takes is that one awkward step!

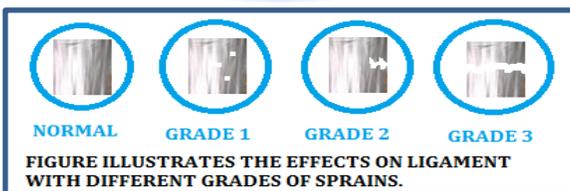
The ankle joint is made up of 3 main bones, the Tibia and Fibula of the lower leg and the Talus bone of the foot as well as ligaments, muscles and tendons. The ligaments are strong flexible fibres that connect joining bones, forming a network to support the ankle. Muscles from the lower limb and foot cross the ankle, and tendons insert these muscles into the specific bone(s) to give the ankle added support, but most importantly to help propel the body in various different movements. One of the most notable tendons, is the Achilles which runs from our calf muscle into our Calcaneus (heel bone) at the back of our ankle. The ankle joint acts similar to a hinge, and its unique design makes it a very stable joint. Injuries and Pathologies of the foot, such as a sprained ankle can disturb the normal way the ankle works and can make it difficult to do your normal daily activities pain free.



**Did you know that?**  
The ankle joint must withstand 1.5 times your body weight when you walk and up to 8 times your body weight when you run! Good thing it's a stable structure!

In general Sprains will cause joint pain & stiffness, swelling and discolouration of the skin and surrounding muscle pain. But, more specifically there are 3 levels of severities of sprains, determined by the amount of damage to supporting structure, which will cause a unique symptom picture. See figure below.

Severity	Damage to Ligament	Impairment	Signs/Symptoms
Grade 1	Microscopic tearing of fibers	Minimal	Minimal tenderness & swelling
Grade 2	Complete tears of some, but not all fibers	Moderate	Moderate tenderness & swelling, instability & decrease motion
Grade 3	Complete tear/rupture of ligament	severe	Significant swelling, tenderness & instability



## FIRST AID FOR ANKLE SPRAINS

**REST**-Depending on the severity of your ankle injury, you may need to rest for a period of time to aid in healing.

**ICE**- Apply ice immediately following injury to reduce swelling. Ice should be used for at least 3 days post injury, to reduce swelling, bruising and possible muscles spasms. There are many different forms: ice pack, ice bath, ice massage etc.

**COMPRESSION**- Wrap a bandage around ankle firmly, but not too tightly that circulation is compromised. The frequency of wrapping will depend on severity and activity level, but can last between 2-7 days.

**ELEVATION**- Keep swollen area raised above the heart, especially while sleeping to decrease the amount of swelling. This should be done for minimum 3 hours/day depending on severity.

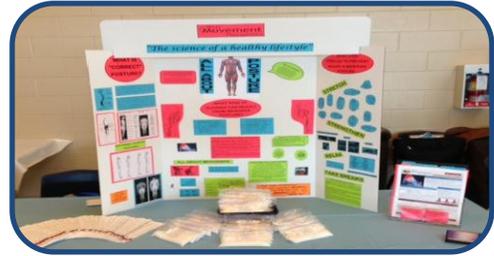
Ankle injuries tend to be reoccurring, and thus require an extensive rehabilitation program involving a combination of stretching, strengthening, proprioceptive exercises and hydrotherapy. If you or someone you know has suffered an ankle sprain come see us at Body Movement Therapeutics for information & treatment for a speedy recovery!

## CLINIC NEWS

### RECENT EVENTS

#### TOWN OF HALTON HILLS WELLNESS FAIR

We had a great time with the workers from the Town of Halton Hills, informing them about Posture & Everyday exercises to decrease likelihood of injury or illness!



*For more information or questions about information in this newsletter please contact*

**Body Movement Therapeutics**  
(519)853-1200.

## TRUE MENTALITY FUNCTIONAL TRAINING AND BOOT CAMP FACILITY

### UPCOMING EVENTS

**NOV 4<sup>TH</sup>: ZEN STRETCH SEMINAR WITH BODHI BATISTA, 11-3PM.**

**REBALANCE YOUR MIND, BREATH & BODY.**

**TICKETS AVAILABLE AT DOOR!**  
405 INDUSTRIAL DR. MILTON

### NEW 10 WEEK SERIES ALL-LEVELS BOOT CAMP CLASSES NOW OPEN!

### EARLY REGISTRATION

**SAT. NOV 3 11-12:30PM**

### TRUE MENTALITY RECENT EVENTS A SUCCESS!



**CN TOWER CLIMB**



### CLASS DATE & TIMES

#### TUESDAY CLASSES

PROGRAM	START	TIME
BEGINNNGER/INTERMEDIATE	NOV.27 <sup>TH</sup>	7:30PM
INTERMEDIATE/ADVANCED	NOV.27 <sup>TH</sup>	6:30PM

#### THURSDAY CLASSES

PROGRAM	START	TIME
BEGINNNGER	NOV.29 <sup>TH</sup>	7:30PM
INTERMEDIATE/ADVANCED	NOV.29 <sup>TH</sup>	6:30PM

**NOTE: ALL CLASSES HAVE A 2 WEEK BREAK - WEEK OF DEC 24 & JAN 1<sup>ST</sup>**

**COST**

**10WK SERIES (1X/WK) - \$200**  
**10WK SERIES (2X/WK) - \$380**  
\*\*SAVE \$20

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