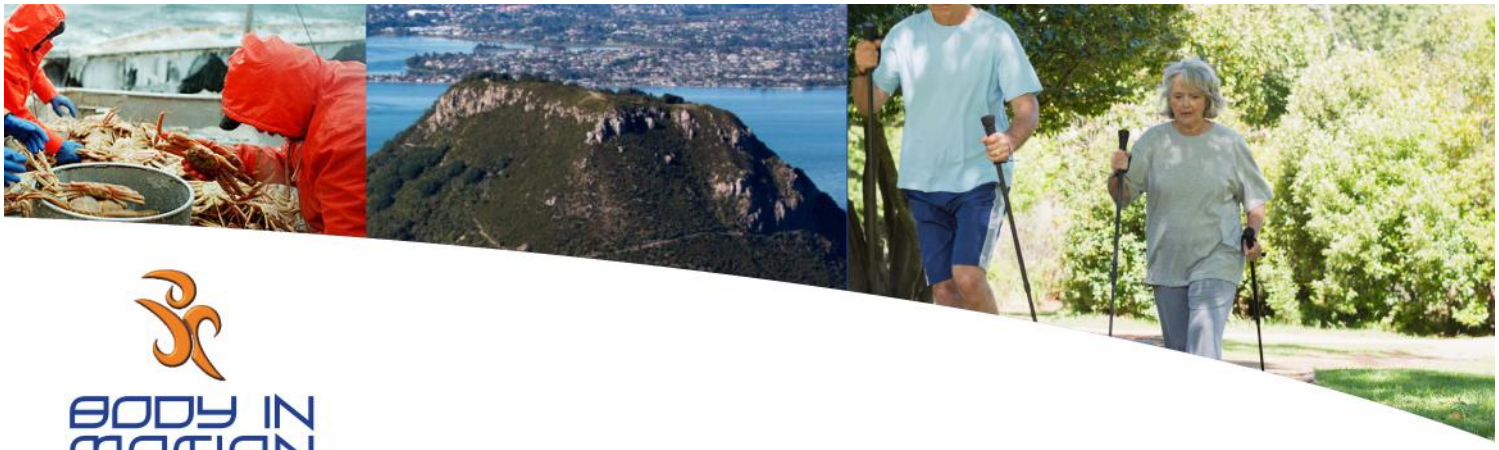

BODY IN MOTION

PHYSIO • REHAB • PILATES

"Keeping You Moving"

Body In Motion's team of physiotherapists are here not only to help you back from injury, but also to help you reduce your risk of getting injured. As education is a key component of injury prevention, please read this month's look at ***Ankle Ligament Injuries****, and feel free to contact any one of the team to help reduce your risk!*

Ankle Ligament Injuries

The ankle (also known as the talocrural joint) is the most common site of ligament injury in the human body. Its rate of injury increases with dynamic activity, and is highest in sports and activities that involve running, jumping and "cutting" or "stepping".

The ankle itself is made up of three bones that, together, form a functional hinge. The upper part of the hinge, known as the "crus" or "high ankle joint", is formed by the two shin bones coming together in a special type of joint called a syndesmosis. The lower part of the hinge is made up of the uppermost bone in the foot, called the talus, and it is between the crus and the talus that ankle movement occurs.

As the bones of the ankle are reinforced on the inside and the outside by ligaments, it is really designed to allow only two movements: plantarflexion (the movement that occurs when you point your foot down away from you), and dorsiflexion (the movement that occurs as you lift your foot up towards you). All other movements of the foot inwards or outwards actually take place at joints BELOW the ankle, and it is when these movements are taken too far that the ankle ligaments are injured.

The most common type of ankle injury is an inversion ligament sprain, and this usually happens when the ankle is rolled too far towards the outside, tearing the lateral ligaments. Rolling the ankle too far inwards can tear the medial ligaments, but this type of injury is less common. If the leg is twisted on the foot, the syndesmosis, which is held together by connective tissue and normally allows very little movement, can also be damaged. Known as a high ankle sprain, this is more serious than the rolled ankle, and must be managed very carefully to avoid long term ankle joint problems…

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