

Ankle Sprain

Anyone from professional athletes to weekend warriors to those with a sedentary lifestyle can experience an ankle sprain. Usually this occurs as the individual “rolls” to the outside of their ankle (Inversion Sprain). This can happen dramatically, such as when landing from a jump, or less dramatically as when stepping off a curb.

Having had an ankle sprain in the past can often predispose an individual to an increased likelihood of future sprains. However, if chronic ankle sprains are limiting your lifestyle activities, you should consult with an Orthotist. While an off-the-shelf ankle brace can provide immediate relief, Custom Foot Orthoses may also aid in stabilizing the foot and ankle complex. Foot Orthotics support the intrinsic structures of the foot in a very stable position called Sub Talar Neutral.

When the foot is positioned in its ‘neutral’ or balanced position during the loading phase of a step, it is less likely to allow the ankle to collapse.

Rigid high-arched feet are often a predisposition to lateral instability, since the foot lacks the normal shock-absorbing motion which rotates the foot to the inside. Foot Orthotics will also provide an additional “brace” to the outside of the foot as well as providing the shock absorption required by this type of foot.

