

INJURY OF THE MONTH

ANKLE SPRAIN

WHAT IS ANKLE SPRAIN?

An ankle sprain is **stretching or tearing** of the ligaments that support the ankle joint. Sprains occur when a joint is forced past its normal limit or range. There are three grades of a sprain:

Grade I is caused by stretching of the ligament.

Grade II is partial tearing of the ligaments, and

Grade III is a complete tear of the ligaments.

WHAT ARE THE SYMPTOMS?



- Pain in the foot or above the ankle
- **Stiffness, swelling** and/or **bruising**
- Ankle **instability**; inability to walk on the ankle

HOW CAN AIRROSTI HELP?

Airrosti providers consistently and effectively treat musculoskeletal conditions by **addressing the cause of pain**, not just mitigating the symptoms.

- Detailed examination to diagnose true injury
- Quality one-on-one patient care
- Highly specific, non-invasive manual therapy
- Individualized active rehabilitation program
- **Avg. number of Airrosti visits to resolve most conditions = 3** (based on patient-reported outcomes)

ASK YOUR DOCTOR OR CALL TODAY TO SCHEDULE:

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