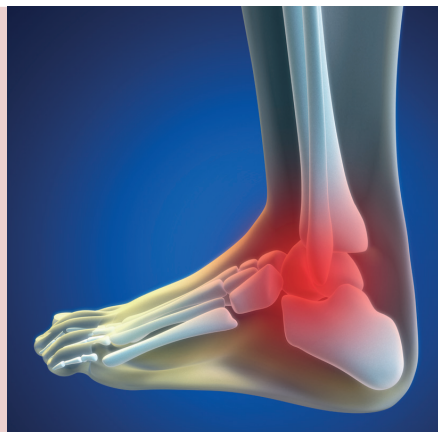


Ankle Sprains

Ankle sprains are very common soft tissue injuries, and can happen to anyone. An unnatural movement of the ankle, such as twisting, rolling over on the side, and an awkward turn, can overstretch or tear the ligaments, leading to different degrees of ankle injuries. Depending on the extent of damages or the number of torn ligaments, sprained ankles are classified into grade one to three, each with different methods of management.



Classification of ankle sprains

Grade 1: minimal damage to the ligaments

Grade 2: some tearing of the ligaments

Grade 3: ligament completely torn, causing instability when moving

Common causes of ankle sprains

Ankle sprains are the result of a sudden outstretch of ligaments, which occurs when the foot is turned inwards in the following conditions:

- Awkward placement of the foot when walking or running
- Stepping on uneven surfaces, for example, a hole in the ground
- Failing to land steadily on a jump, with ankles in a turned-in position

Signs and symptoms

The soft tissues which have been stretched or torn, leading to inflammation. If the ankle is being twisted inwards, the ligaments at the outer side of the ankle joint (Anterior talofibular ligament) are most likely injured. Signs and symptoms include:

- Swelling
- Redness and warmth in the ankle
- Pain on resting, made worse when bearing weight
- Limitation in range of motion of the ankle
- Difficulty in walking due to the above conditions



Diagnosis

For minor ankle sprains, symptoms will gradually subside by themselves, so special tests are usually not required. But for cases with prolonged symptoms or increasing pain, a doctor may recommend an X-ray to check for structural damage, such as hairline fracture, or cracks in the bone. Sometimes, the doctor may also prescribe an MRI to determine the severity of soft tissue damage.

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The materials contained here are for general health information only, and are not intended to replace the advice of a doctor. Matilda International Hospital and Matilda Medical Centres will not be liable for any decisions the reader makes based on this material.

Treatments options

Acute ankle sprains can be managed with the “P.R.I.C.E.” approach:

- **Protection:** for severe ankle sprains, a cast or splint may be used to immobilize the injured part, and to provide weight-bearing relief on the injured ankle. Walking aids may also be prescribed.
- **Rest:** avoid activities that can cause more pain, swelling or discomfort
- **Ice:** cold helps reduce pain, swelling and inflammation
- **Compression:** wrap the injured ankle with an elastic bandage to control swelling
- **Elevation:** raise the leg to use gravity to reduce swelling by draining excess fluid

Physiotherapy and medication

Physiotherapy treatments such as ultrasound, interferential therapy (treatment making use of medium-frequency current) and acupuncture can help relieve pain and inflammation of the soft tissues, and speed up the tissue recovery. Pain and swelling can also be managed with anti-inflammatory medications.

After recovering from the acute phase, the patient can consult with a physiotherapist, who can help restore the normal range of motion of the ankle by passive joint movement and through teaching appropriate exercises. These exercises will involve stretching the tight tissues and improving muscle strength, joint senses and balance.

On to return to sporting activities, a physiotherapist can give advice on the merits of using ankle support or strapping for external support.

Prognosis

Most ankle sprains selfheal without complications or difficulty. Good recovery can usually be obtained and normal activities can be resumed. Surgery is seldom needed unless there are recurrent ankle sprains, that lead to joint instability. Surgeons may recommend a reconstruction on the torn ligaments under such circumstances.

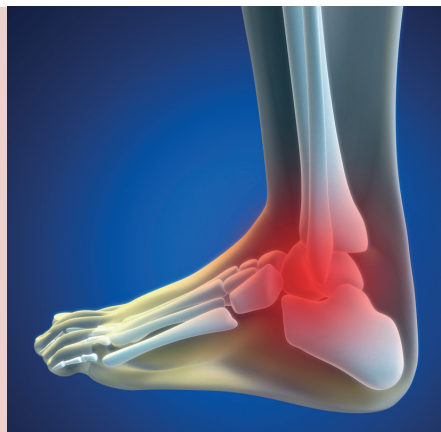
To make a physiotherapy appointment, please call 2849 0760 or email physio@matilda.org.

Scan the QR code to obtain information of our medical centre or clinic downtown



足踝扭傷

足踝扭傷是其中一種常見的軟組織受傷，任何人也有可能扭傷足踝。一些非經常性的動作，如轉動足踝、足踝側翻或突然急轉等，或會令到足踝韌帶過分拉扯甚至撕裂，使足踝受到不同程度的傷害。足踝扭傷可按照韌帶受損程度和受損韌帶的數目，分為三個等級。



足踝扭傷的等級

- 一級扭傷：韌帶輕微受損
- 二級扭傷：韌帶撕裂
- 三級扭傷：韌帶完全撕裂。活動時，足踝關節活動不穩

足踝扭傷的常見成因

足踝扭傷是由於韌帶被過度拉扯而造成，通常在以下情況，足踝會向內翻：

- 步行或跑步時，足部著地不良
- 踏在凹凸不平的地面，例如地面上的凹陷處
- 跳躍著地時，腳踝向內彎曲

症狀

扭傷足踝後，軟組織會因扭傷或撕裂而引致發炎。若足踝向內翻，足踝外側的韌帶（前距腓韌帶）就很有可能已經被拉傷，其症狀包括：

- 足踝脹大
- 足踝紅腫發熱
- 靜止不動時，仍感到足踝痛楚；負重時，痛楚更會加劇
- 足踝的活動幅度有限
- 足踝痛楚及活動受阻，令步行困難



診斷

若足踝只是輕微扭傷，發炎症狀會自然消退，無需作任何特別的檢查。若症狀持續或痛楚加劇，醫生或會建議病人作X光檢查，檢測足踝結構有否受損，如細微骨裂、足踝骨是否有裂縫。醫生亦可能會要求病人作磁力共振測試，以幫助了解軟組織的受損程度。

治療方法

嚴重的足踝扭傷可用P. R. I. C. E處理方法：

- **保護(Protection)**：當足踝嚴重扭傷，病人或須配戴腳托或「打石膏」來固定足踝或減少受傷足踝負重。如有需要，應按照物理治療師指示使用步行輔助工具。
- **休息(Rest)**：避免進行任何或會再度引發痛楚、腫脹或不適的運動
- **冰敷(Ice)**：冷敷有助舒緩痛楚、腫脹和發炎症狀
- **按壓(Compression)**：用彈性繃帶包緊足踝，有助防止腫脹加劇
- **提高(Elevation)**：把腿提高、利用地心吸力的原理，幫助足踝排出多餘水份，緩和腫脹的症狀

物理治療及藥物治療

物理治療如超聲波治療、干擾波（以中頻波作治療）及針灸，有助緩和痛楚及軟組織發炎的症狀，使組織更快復原。消炎藥物亦有助舒緩痛楚和腫脹。

受傷初期，又名急性期（Acute phase），物理治療師會替患者做一些被動式的關節活動，及教授一些適當的練習，以伸展繃緊的關節、改善肌力、關節位置的感覺和平衡力。

當病人再次做運動時，物理治療師會替他們選擇合適的護踝或專用膠布，以保持足踝活動。

足踝扭傷的預後

大多的足踝扭傷個案都可以自然痊癒，不會引發任何併發症，康復情況大致良好，可回復日常活動，無需動手術。若足踝重覆扭傷，引致足踝關節不穩定，醫生可能會建議施手術，重建撕裂了的韌帶。

撰寫：
明德國際醫院物理治療部

此健康單張所提供的資訊僅供參考之用，並不能取代醫生的專業意見。明德國際醫院及明德醫療中心對讀者在閱讀後所作出的任何決定並不負上任何責任。

如欲預約物理治療服務，
請致電2849 0760或電郵physio@matilda.org。

掃描以下QR Code，
查閱醫院位於市區的
醫療中心或診所資料

