



Loudoun Sports Therapy Center
The Leader in Physical Therapy

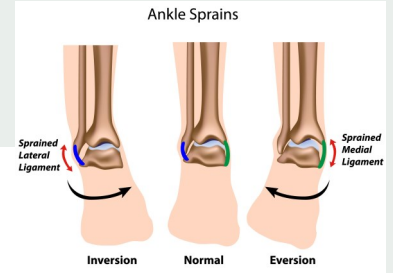
Ankle Sprains, Are a Pain...

The foot/ankle is a joint in the body that is made up of a multitude of different structures and tissues that can each be injured in many different ways. Primary structures in the ankle include bone, ligaments, muscles, tendons, and fascia. **February 2022**

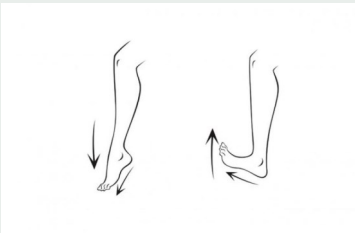
There are many injuries that can occur to these structures, but one of the most common ones that we see is an ankle sprain.

Ankle sprains are a common injury for people. Ankle sprains are when your ankle “rolls” either in or out and causes the ligaments in your joint to stretch. The most common ankle sprain is when your foot rolls inward and you have pain on the outside of your ankle. This can happen from playing sports, or just stepping off a curb wrong. If not treated properly you can have chronic problems with your ankle such as:

- ◆ Decrease range of motion
- ◆ Recurring ankle sprains
- ◆ Pain



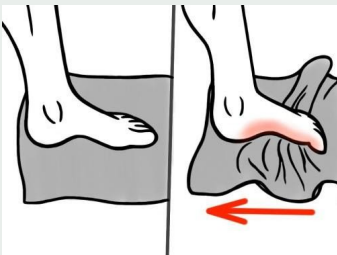
Try These Exercises for Stronger Ankles!



Toe Raises: Standing or sitting with your feet shoulder distance apart, try lifting your toes up off the ground, and slow and controlled come down.

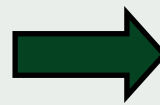
Heel Raises: Standing or sitting with your feet shoulder distance apart, go up and down onto your toes and come down slow and controlled.

Tandem Walking: walking in a straight line with you heel lining up with the toe of the foot before it.



Towel Scrunches: sit with a towel on the floor, set a timer for 2 minutes, using your toes like fingers try scrunching up the towel

Scan the QR Code for more on ankle injuries and how to treat them or prevent them!

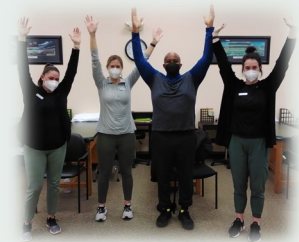


Success Stories



“I came to PT because I had pain and tightness in my feet climbing stairs and walking long distances. I feel I have less tightness in my feet and definitely feel more lower body strength. I can now also sit back on my heels. Climbing stairs is no longer painful. Walking up is less to no stiffness.”

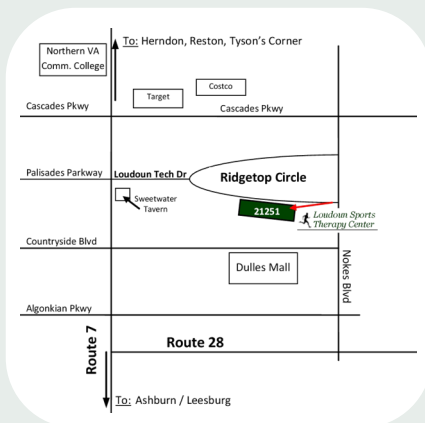
“I was having significant discomfort in my shoulder during workouts and other load bearing activities, and I came to assure there was no structural damage and to find some relief from the pain. I'm much more comfortable now during my workouts, I've learned how to prevent irritating my shoulder, and I can feel more muscle control and awareness when using my shoulder.”



Scan to Schedule an Evaluation!



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Outpatient Physical Therapy

Specializing in:

- * Lower Back Pain * Neck Pain * Sciatica
- * Hip Problems * Shoulder Pain * Bursitis
- * Tendonitis * Frozen Shoulder

- Joint Pain and Replacements * Foot and Ankle Pain * Plantar Fasciitis * Knee Problems * Arthritis * Muscle Pains Sprains * Strains * Hand, Wrist, and Elbow Problems * Sports Injuries *

- Sports Performance Program * Ergonomics * Runners Program * Other Conditions