



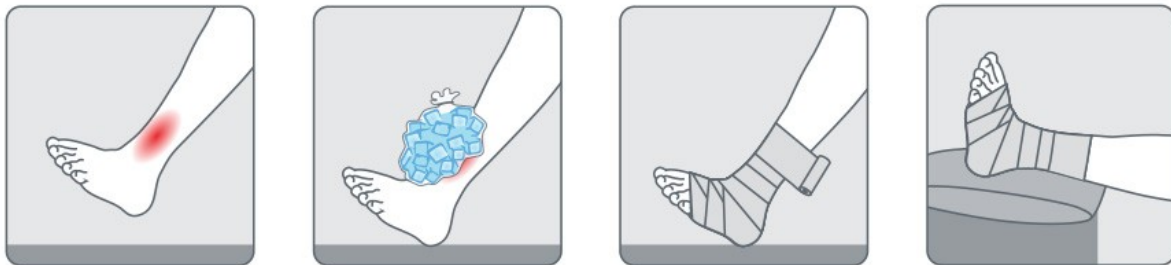
## Rolled Ankles



This is a very common injury occurring during a wide variety of sports and activities. Usually the ankle “rolls-in” and ligaments and tendons on the outside become aggravated, damaged and sometimes torn depending on the severity of the injury.

The most commonly injured structure is the ATFL or anterior talofibular ligament, which connects the talus to the fibula on the outside of the ankle.

It is important to rest, ice, apply compression and elevate the ankle immediately and up-to 48 hours after injury to help with swelling.



If pain persists 48 hours after injury it is always a good idea to see one of our Podiatrists to assess the extent of injury. This is critical as the most important aspect of any ankle injury is setting-up an appropriate rest and rehab protocol. The chances of rolling the same ankle again are significantly higher without appropriate rest and rehab.

**Call 9388 9999**