

# Practice Protocol: Ankle Sprain

**Nature:** Sharp pain while on foot, dull pain while off foot

**Location:** Anterior lateral ankle

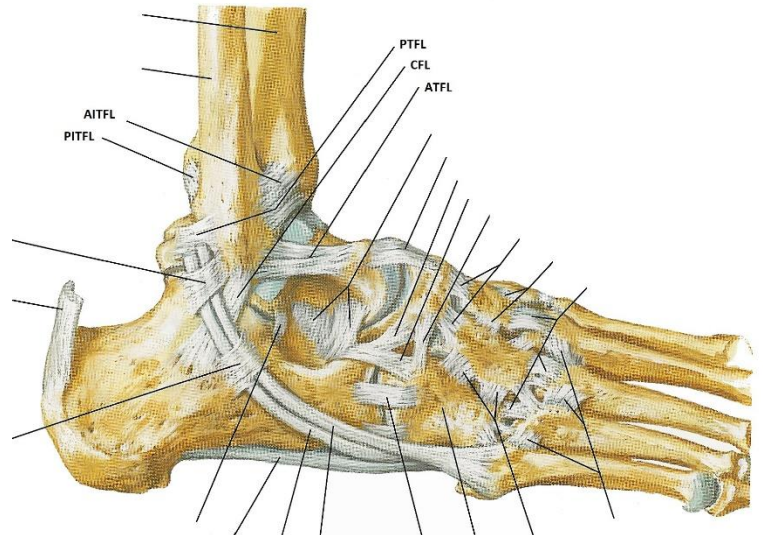
**Onset:** Traumatic

**Aggravating Factors:** Walking, shoes without support or barefoot, exercise

**Treatments:** Crutches, rest, ice, air cast, ace wrap

## Anatomy:

1. Anterior Talofibular Ligament (ATFL)
2. Calcaneofibular Ligament (CFL)
3. Posterior Talofibular Ligament (PTFL)
4. Tibio-Fibular Syndesmosis



## Testing:

1. Anterior Drawer Sign
2. Ankle and Foot X-ray
3. MRI (chronic injuries or severe acute injuries)

## Differential Diagnosis:

1. Fracture/Stress Fracture of Ankle
2. Peroneal Tendonitis
3. Talar Dome Lesion

## Our Treatment Options

### Conservative

1. Pneumatic CAM Walker
2. Oral NSAIDs/Steroids
3. ASO brace (Bioskin)
4. Physical Therapy/Ice
5. Strapping/Unna Boot/Suspension Sleeve
6. Wait

### Surgical

1. Lateral Ankle Stabilization (Repair/Reconstruction of ATFL, CFL, Syndesmosis)
2. Ankle Scope

