

## What are the symptoms of a sprained ankle?

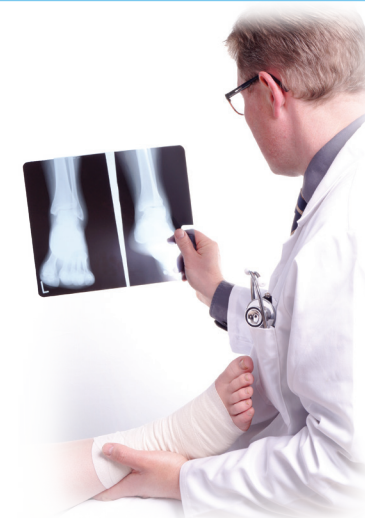
Commonly, swelling or bruising can occur as a result of these injuries. You may also feel pain or discomfort at the injured area when walking. The ankle area is usually tender to the touch and hurts when moved. Some skin discoloration can be noticeable.



## What is a sprained ankle?

A sprained ankle is an injury to the bands of tissue (ligaments) that surround and connect the bones in the ankle joint. The injury typically happens when you accidentally twist or roll your foot inward. They can occur while participating in sports or just walking on uneven surfaces. Ankle sprains can happen to anyone at any age.

All ligaments have a specific range of motion and boundaries that allow them to keep the joints stabilized. When ligaments surrounding the ankle are pushed past these boundaries, it causes a sprain (stretch) and possible tear of the ligaments. Sprained ankles most commonly involve injuries to the ligaments on the outside of the ankle. It can take several weeks or months of protected mobilization (crutches or bracing) for a sprained ankle to heal completely. Ankle instability is a debilitating condition including recurrent sprains, pain, and repeated instances of the ankle joint giving way.



## How is a sprained ankle treated?

Only your doctor can treat your sprained ankle and will recommend different treatment paths based on your medical history and ankle sprain severity. These treatment options can range from conservative therapy to surgery. Proper treatment of ankle sprains is important to promote healing and to help prevent further reoccurring instability or secondary injuries. Your doctor may recommend you stay off of your injured ankle until the pain subsides and the ligaments heal. This can lead to considerable time off sports and daily activities.

After a period of bracing and the ligaments have healed, your doctor may prescribe physical therapy to help strengthen the muscles and ligaments that surround the ankle joint to increase your flexibility, balance, and coordination. Even after the muscles and ligaments are strengthened, you may require additional support with an ankle brace for some activities. Roughly 20% of ankle sprains lead to surgical intervention. Please talk with your doctor at length to determine the best treatment option for your condition.

## Ankle Ligament Repair with *InternalBrace*™ Ligament Augmentation

Surgery is commonly recommended for patients with severe injuries to the ankle ligaments or if the patient has failed non surgical treatment options like braces and physical therapy. The decision to proceed with surgery can be made based on the patient's examination and continued complaints of instability.

The goal of surgery is to restore the anatomy by repairing the injured ligament and strengthening the ankle to its preinjury status. Doctors commonly use suture anchors to tie down the repaired ligaments to the ankle bones. *InternalBrace* ligament augmentation repair, an innovative treatment advancement, is now commonly incorporated into the procedure and helps expedite the recovery process.<sup>1</sup> The *InternalBrace* construct helps prevent excess range of motion during the healing phase and may reduce the chances of secondary injuries, similar to how a seat belt acts in a car accident.<sup>1,2</sup>



### References

1. Coetzee JC, Ellington JK, Ronan JA, Stone RM. Functional results of open Broström ankle ligament repair augmented with a suture tape. *Foot Ankle Int.* 2018;39(3):304-310. doi:10.1177/1071100717742363.
2. Viens NA, Wijdicks CA, Campbell KJ, Laprade RF, Clanton TO. Anterior talofibular ligament ruptures, part 1: biomechanical comparison of augmented Broström repair techniques with the intact anterior talofibular ligament. *Am J Sports Med.* 2014;42(2):405-411. doi:10.1177/0363546513510141.

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## *InternalBrace*™ Ligament Augmentation



Ankle Sprain Surgery