

Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Ankle Sprain

A sprain is a twisting injury to the ankle.

Most (80%) are caused by rolling the foot inward.

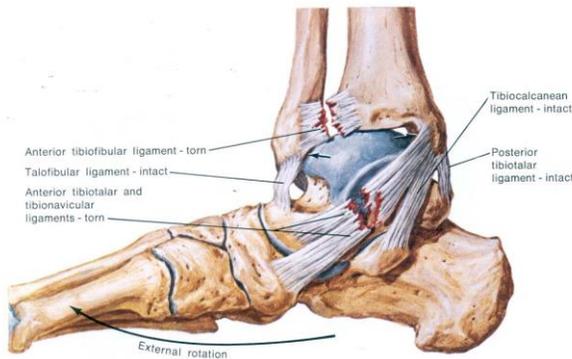


This stretches or tears the ligaments that hold the ankle and foot bones together and can lead to instability and re-injury.



SO WHAT?

Spraining an ankle can increase your risk of re-injury as much as 40-70%. But proper post-injury care, rehabilitation exercises and bracing can decrease the risk. The information below can help you prevent re-injury.



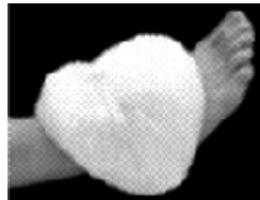
TO SPEED UP YOUR RECOVERY

Immediately Begin Using ...**P-R-I-C-E**

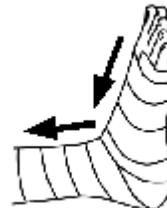
Protection - Your ankle may be splinted, taped or braced to prevent further injury.

Rest - from all activities that cause pain or limping. Use crutches/cane until you can walk without pain and limping.

Ice - Place a plastic bag with ice on the ankle for 15-20 minutes, 3-5 times/day for the first 24-72 hours. Leave ice off at least 1 1/2 hours between applications.



Compression - Wrap an elastic bandage from the toes up to midcalf, using even pressure. Wear until swelling decreases. Loosen the wrap if toes start to turn blue or feel cold.



Elevate - the ankle above heart-level (hip-level is acceptable during class).

TO RESTORE NORMAL ANKLE FUNCTION...

Range of Motion Exercises

Help you regain normal ankle motion.

Technique: Sit with your knee straight and hold the foot position as long as possible. Do as frequently as possible for the first 3-10 days.



Pullback

Flex your foot back toward your body.

Flexibility (Stretching) Exercises

Loosen tight leg muscles. Tightness makes it hard to use stairs, walk, run and jump.

Technique: Hold each exercise 15 seconds at a gentle stretch. DO NOT BOUNCE!

STAGES OF HEALING & TREATMENT:

The soft tissues that are traumatized will go through four stages of healing:

- Healing may take up to 6 weeks for complete recovery. Treatment usually takes about 3 weeks if all recommendations are followed and no aggravations are encountered.
- The first stage involves simply the immediate effects of injury, including bleeding, blood-clotting, and cellular breakdown. The inflammatory response is the primary means that the body uses to respond to-the injury.
- The purpose of the inflammatory stage is to surround the area of injury in an attempt to protect it. The effect of this response is usually proportional to the amount of injury sustained. This phase can last up to 3 days. *At this time the doctor may discuss with you the importance of utilizing ice packs, as this is important to reduce swelling and control pain.* Other therapies that will aid in the healing process include electrical stimulation & ultrasound.
- The repair stage is the process following and is dictated by the severity of the injury. The injury will heal by regeneration, which is essentially the replacement of the surrounding tissues by fibrous tissue, resulting in scarring or adhesions. This phase can last from 2 days to 6 weeks. *In this phase of healing, the doctor may recommend such things as alternating heat and ice to create a "flushing effect" in the blood supply and surrounding tissues. He may begin you on a stretching and/or strengthening exercise program, or recommend that you get a soft tissue massage for tightened muscles.*
- The body's response to stress constitutes the remodeling stage. This occurs when the residual scar tissue undergoes reorganization and reorientation along the lines of stress. *This phase is significant to the patient. The importance of continuing with the prescribed exercises and continuing to use moist heat on tight and sore muscles will be stressed by the doctor.*
- We use ozone injections, electrical stimulation and specific joint manipulation before beginning exercise routines.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Biost
- Glucosamine Sulphate
- Ligaplex II
- Calcifood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOME REMEDIES AND MEDICINES

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut off the inflammatory response which is what triggers your body's immune response mechanisms. If you need

pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relive pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

EXERCISES:

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at www.holladayphysicalmedicine.com ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

Ankle,

then also and review

Foot

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

OF SPECIAL NOTE:

Cigarette Smoking

Smoking during the first few weeks following an injury may interfere with the normal healing process. If you smoke during *this* time you may slow your recovery down or end up with pain that you would not have otherwise. This may result in your requiring more treatment and a worse outcome. Cigarette smoking, which results in *oxygen* deficiency to already injured tissues, also, it can deplete tile Vitamin C supply in your body and should be increased to 4000mg/day. Smoking is not recommended for 4-6 weeks after a traumatic injury.

Other Information

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic

Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.