

We assess and treat the general public, athletes both recreational and elite, and all workplace injuries!!

No referrals are required!!

“Did You Know”

Core Stability Classes

Introductory Classes
6 week course.
Conditioning Classes
10 week course.
Classes involve training and strengthening of core back, abductor and hip muscles.
Please call 9764 3131 or email info@ssmc.com.au for more information.

Services

Provided

- ◆ Physiotherapy
- ◆ Sports Physicians
- ◆ Podiatry
- ◆ Massage
- ◆ Orthopaedic Consultants
- ◆ Nutrition
- ◆ Sports Psychology
- ◆ General Surgery

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**ANKLE SPRAINS
Bracing vs Taping**

Many ankle sprains stretch either the ligaments on the inside or outside of the ankle. This may make the ankle hypermobile and reduce its dynamic stability—decreased muscle control.

After such an injury every effort should be made to restore normal range of movement, strength and muscular control.

If the injury has been quite severe ie. > than one week off activity, then it would be important to tape the ankle for the first 3-6 weeks post the injury.



There are many ways to tape an ankle with education and advice being available from you sports medicine practitioner.

If an ankle becomes chronically unstable but does not require the full support of strapping then ankle bracing can be appropriate. There are many ankle braces on the market with some providing additional thermoplastic or hinged support on the sides. There is no perfect brace and what suits one ankle may not suit another persons ankle.



Braces with solely stretch material support are often not sufficient. Braces with mouldable components and/or lace support tend to be superior in quality and stability enhancement. The physical outline of the ankle (bony vs rounded), the sport and type of footwear will all be factors in deciding the most effective brace.

It must be remembered that repetitive taping/bracing may weaken the natural muscle stabilisers,. Therefore, continuous muscle strengthening and proprioception (balance) work must be undertaken.

Repetitive ankle sprains may require surgical stabilization hence the use of effective intrinsic (muscle) and extrinsic (braces/taping) is often appropriate.