

Want to know a little more?

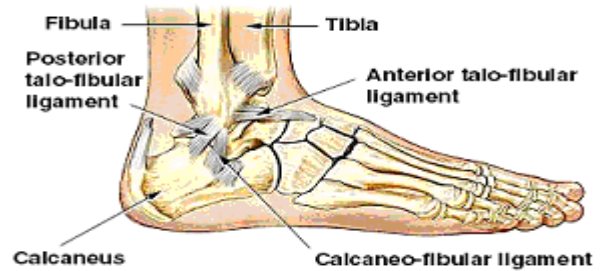
## Lateral Ankle Sprain

The outside edge of the ankle is supported by three ligaments which form a fan like shape :

ATFL — Anterior Talofibular  
Ligament

CFL — Calcaneofibular  
Ligament

PFL — Posterior Talofibular  
Ligament



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These ligaments may be injured with twisting the ankle when the foot turns inwards, overstretching the ligaments. Most commonly the ATFL is torn.

Managing ankle ligament tears includes three stages:

**Stage 1:** Reducing swelling and further damage within the ankle

**Stage 2:** Regaining ankle movement and walking ability

**Stage 3:** Increasing muscle strength and balance of the ankle to allow return to physical activities and reduce the risk of re-injury.



Your physiotherapist can safely guide you through these stages to ensure maximal recovery from your ankle sprain.

*In a severe ligament tear, the damage may need to be repaired by arthroscopic surgery, and the ankle must be checked for small associated fractures.*

Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist