



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Ankle sprains

Chad Willis, M.D., Orthopaedic Surgeon with Med Center Health Orthopaedics & Sports Medicine

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

A sprained ankle is the stretching or tearing of ankle ligaments, which support the joint by connecting bones together. A sprain occurs when your ankle is forced to move out of its normal position, which can cause one or more of the ankle's ligaments to stretch, partially tear or tear completely.

[DR. WILLIS]

First thing to do for a sprained ankle is contact your primary care provider. Many of them feel comfortable starting a therapy protocol and bracing.

[NARRATOR]

Treatment for a sprained ankle depends on the severity of your injury. You can treat them non-operatively, which usually consists of bracing and physical therapy.

[DR. WILLIS]

So, if a sprain goes untreated, you can develop recurrent symptoms and recurrent instability so you'll repeatedly roll your ankle – and with that, you have the increased likelihood of hurting the cartilage in your ankle or also the tendons around your ankle that control the muscles. And when those symptoms start to interfere with your activities of daily living, that's when it's best to offer somebody a surgical procedure to assist with those.

We have a walk-in clinic Monday to Friday, 7:30 to 8:30 and we can get you taken care of.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

[MUSIC]