

Ankle Sprains

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What is this injury?

A sprained ankle is a stretching or tearing of the ligaments (connective tissue holding bone to bone) on either the outside (lateral) or inside (medial) part of the ankle. Since most sports require full body weight support on the ankles as well as full range of motion when running, jumping, and landing, it's no surprise that ankle sprains represent the most common of all sport injuries. A sprain of the lateral ankle ligament is much more common than a sprain of the medial ankle ligament, partly because of the biomechanical demands of most weight-bearing sporting events and partly because the lateral ligament is thinner and weaker than the medial ligament.

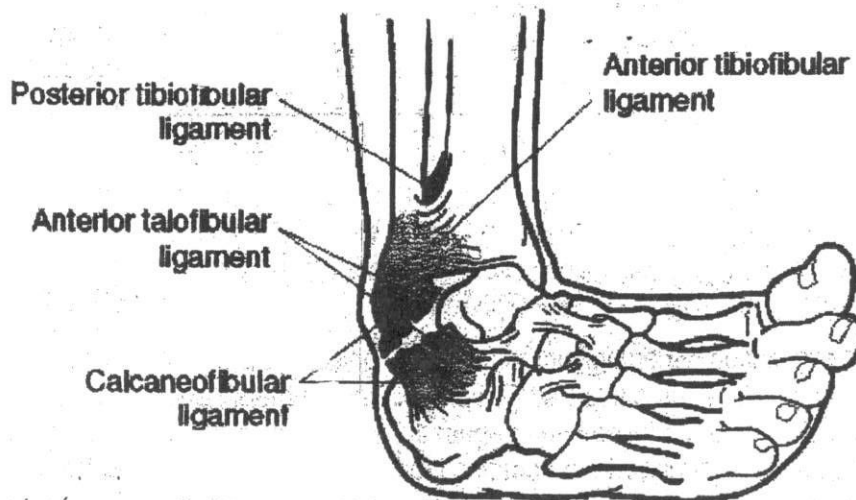


Diagram of Lateral Ankle Sprain