



## Therapist Profile

### Anniken Chadwick

Registered Physiotherapist  
BSc Hons



Anniken Chadwick seeks to provide the finest patient-centered care in a range of areas. A physiotherapist with advanced training in orthopaedics, Anniken seeks to build rapport and fully understand her patient's needs and goals, which she believes leads to the most effective treatment possible.

## Previous Issue

### Winter Conditioning

Winter is a great time to enjoy the outdoors, and with the number of sports available to us in BC, just make sure you take time to condition your body, as the winter poses a high risk for "impact" injuries... incorporate strength and stretching exercises for your thighs, hamstrings, and abdominal muscles before hitting the slopes...

# Ankle Sprains

Ankle sprains are a common and painful injury that can happen at any time: on the sports field, the ski slopes or as the result of a slip walking across your living room. The ankle is made up of three bones: the tibia, fibula and talus. Ligaments, tendons and muscles work together to stabilize the joint when you move. When an ankle is sprained the ligaments are damaged, stretched, partially torn or completely torn. Ankle sprains are graded on a scale by doctors and physiotherapists: Grade I is mild, Grade II is medium, and Grade III is severe.

Initial treatment for any type of sprain is encapsulated in the acronym "RICE", which stands for rest, ice, compression and elevation. The majority of sprains will heal in three to eight weeks if properly treated. The more severe the sprain, the longer it will take to heal. A visit to a physiotherapist at the onset can reduce healing time by using treatments to promote healing and ensuring that you do everything possible to heal quickly with less pain. A physiotherapist can explain how to most effectively use rest, ice, compression and elevation, as well as stretching and exercise to reduce your pain and speed your recovery.

## Stretch

Stretching is important and will help you regain your ability to use your ankle, increase circulation, and maintain muscle strength and flexibility. Stretches for an ankle sprain will concentrate on the calf muscles, the hamstrings and may also include other leg muscles such as the quadriceps. Make sure that you never stretch so far that it hurts. Always stretch in a pain-free range.

## Move

The severity of the sprain will determine when you are able safely move the ankle joint. Once the ankle has healed to a certain point, your physiotherapist may recommend exercise programs to strengthen your ankle and leg muscles. Strengthening exercises often include working on your balance, such as doing one-legged balancing or using a wobble board. As with stretching, any such exercises only should be done within a pain-free range.

## Protect

Protect the injured ankle while it is healing and minimize the risk of re-injury by wearing a brace or taping your ankle. Gradually increase exercise until you have achieved pre-injury activity levels. Make sure to always warm up before an activity, recognize your body's limitations, and make sure you rest your ankle during your daily routine.

You can never have your ankle sprain treated too soon. Talk to your physiotherapist as soon as possible after you injure your ankle so they can assess your injury and begin a rehabilitation program specifically tailored to your needs.

**Feeling better?**  
Check out CrossFitBC in the Dollarton  
Shopping Mall for your post-physio training!

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