

HEALTH & FITNESS

– Advertorials

Does your ankle rock and roll?

Ankle sprains are a frequent injury, and can happen anytime whether or not you are participating in a rigorous sporting event or just traveling across uneven terrain. This injury can be very painful and limit your activity. If your ankle does not fully recover, it can lead to recurrent injuries.

Without proper rehabilitation, the ankle will remain unstable. The ankle will be more susceptible to injury because the ligaments did not fully recover and cannot optimally support normal balance and mobility. Recurring injuries or sprains can easily occur if the ankle is over-stressed without proper recovery and support. This may prolong recovery time and increase the potential for further injury.

At Fairplay Therapy Center, we have a wholistic approach because we assess and address all of the integral components linked with healing and recovery. These include : 1) Skeletal system, 2) Fascia/Connective tissue, 3) Soft tissue/Muscles, 4) Somatic/Emotional components.

1) The skeletal system is the foundation of correct alignment and balance. We recommend orthotics or bracing to improve the alignment and facilitate healing.

Here at Fairplay Therapy Center, we have custom, as well as, non-custom orthotics on hand for the convenience of our patients. Properly fitted shoes are also critical for recovery because they provide

protection and support for the ankles. Shoes that offer a properly fit depth with a snug control over the ankle, combined with semi-rigid orthotics will help to prevent the ankle from abnormal movement.

2) Scar tissue forms as part of the healing of any injury. If the connective tissue/fascia is binding, with a tensile strength of 10,000 lbs per little fiber, this fascia can distort and take the ankle out of alignment. At Fairplay Therapy Center we teach people how to use MELT neurofascial techniques to release the binding in the foot and leg. These techniques are very effective and can be done at home.

3) Soft tissue/Muscles of the leg are very responsive to special taping techniques that literally help to re-train the muscles and can be especially helpful for the initial healing, as well as prevention in the future. In order to avoid long-term ankle instability, stretched or torn ligaments must undergo exercising and re-strengthening. At Fairplay Therapy Center we re-train the ankle thru strengthening and re-establishing the proprioceptive balance. For muscle spasms we also recommend Dry-Needling for fast effective relief.

4) Recovering from an ankle injury, or any pain can impact a persons life so that little by little you find that you are no longer able to participate in your own life the way that you wish to. We work together to help people realize the physical pain free living that they are seeking with their bodies.

As you are gearing up for the FUN of winter sports but feel hampered by an old foot injury? We are offering a special free consult at Fairplay Physical Therapy for the month of October so that you can find out what wholistic physical therapy could do for you.

Contact us at Fairplay Physical Therapy (719) 836 1833 or visit our website at fairplaytherapycenter.com.

Written by **Julia Anderson P.T.**

