

[IMAGE]

## A Conservative Approach to Treating Ankle Sprains

Ankle sprains, perhaps the most common injury in amateur and professional athletes, account for up to 10% of sports-related injuries. A recent study, published in the *Journal of Manipulative and Physiological Therapeutics*, was conducted to determine the value of chiropractic care in the treatment of ankle injuries.

Thirty individuals participated in the study, with 15 participants receiving five minutes of chiropractic manipulation (a specific adjustment) two times a week, and the remaining 15 patients receiving a placebo in the form of a sham ultrasound treatment. Patients were evaluated at the first treatment, at the final treatment, and at a one-month follow-up exam. Each participant received a maximum of eight treatment sessions spread over four weeks.

**Results:** Although both groups showed improvement, notable differences were observed in favor of the adjustment group with respect to reduction in pain, increased ankle range of motion, and ankle function.

For more information concerning sport-related health issues, talk to your doctor, or visit

<http://www.chiroweb.com/tyh/sports.html>.

### *Reference:*

Pellow J, Brantingham J. The efficacy of adjusting the ankle in the treatment of subacute and chronic grade I and grade II ankle inversion sprains. *Journal of Manipulative and Physiological Therapeutics* 2001;24(1), pp. 17-24.

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