

Mayo Clinic Medical Edge

Chronic Ankle Sprains

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	SHE'S ONLY A TEENAGER, BUT MANDA DUNCAN SUFFERS FROM AN OLD INJURY.
Manda Duncan, Patient	"IT'S A LITTLE SORE TODAY, ACTUALLY."
	MANDA SPRAINED HER ANKLE IN MIDDLE SCHOOL AND RE-INJURED IT DURING A BASKETBALL GAME LAST YEAR. THAT'S NOT SURPRISING, BECAUSE PEOPLE WHO HAVE BAD ANKLE SPRAINS ARE AT INCREASED RISK OF REPEAT INJURIES.
Edward Laskowski, M.D. Mayo Clinic Sports Medicine	"USUALLY THAT'S BECAUSE THE TISSUE HAS NOT REGAINED ITS

	MAXIMUM STRENGTH AND STABILITY.”
	MAYO CLINIC DR. EDWARD LASKOWSKI SAYS THE DAMAGED LIGAMENTS MAY NEVER BE AS STRONG AS THEY WERE BEFORE. SO YOU HAVE TO TRAIN AND STRENGTHEN THE MUSCLES AROUND THE LIGAMENTS TO GET NEEDED BALANCE AND SUPPORT. MANDA DOES RESISTANCE TRAINING TO BUILD STRENGTH. SHE ALSO STANDS ON ONE LEG OR USES A WOBBLE BOARD TO IMPROVE BALANCE.
Edward Laskowski, M.D.	"THE BEST BRACE YOU CAN GIVE YOURSELF IS A MUSCLE BRACE.”
	A STRONG AND BALANCED FOUNDATION TO HELP KEEP YOU IN THE GAME.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN

	WILLIAMS.