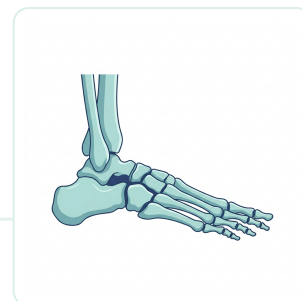


PATIENT EDUCATION · COMMON FOOT & ANKLE CONDITIONS

Ankle Sprains & Instability

An ankle sprain is a stretching or tearing of the ligaments that support the ankle, usually from a twist or roll of the foot. Most sprains heal well with proper care — but a sprain that isn't fully rehabilitated can lead to chronic ankle instability, where the ankle repeatedly 'gives way.' Repeat sprains damage ligaments further, so proper treatment of the first sprain matters.



For educational illustration only.

Focus area	Common Foot & Ankle Conditions
Goal of care	An ankle sprain is a stretching or tearing of the ligaments that support the ankle, usually from a twist or roll of the foot.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with a recent twisted or rolled ankle
- Patients whose ankle feels weak, wobbly, or unreliable
- Those with repeated sprains of the same ankle

How We Evaluate

- Examination of the ligaments and ankle stability
- X-rays when needed to rule out fracture
- Assessment of balance, strength, and prior injuries

When to Seek Care

- Swelling, bruising, or trouble bearing weight after a twist
- An ankle that keeps giving way on uneven ground
- Pain that persists weeks after a sprain

Treatment Options

- Early protection — bracing, support, and appropriate rest
- Rehabilitation to restore strength and balance
- Orthotics or ankle supports for activity
- Procedural options for chronic instability that fails conservative care

What to Expect

1

An accurate diagnosis — some 'sprains' are actually fractures

2

A rehab plan to prevent repeat sprains

3

Long-term strategies for stable, confident steps

Common Questions

Do I need an x-ray for my sprained ankle?

If you have significant swelling, bruising, or trouble bearing weight, an x-ray helps rule out a fracture — which can mimic a sprain.

Why does my ankle keep giving way?

Ligaments that healed loose or weakened muscles can cause chronic instability. Targeted rehabilitation helps most patients; persistent cases have procedural options.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Podiatric Medical Association — apma.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.