

## Ankle Sprain

### Description of Injury :

This application was designed to facilitate recovery from an ankle sprain. This is a common injury that causes a stretch or tear of one or more ligaments around the ankle joint. The application provides an overview of this injury, including general information, assistance with pain control and a treatment approach.

Detailed information has been included on how to recover from this injury. Range of motion exercises, strengthening exercises and balance training exercises are provided. A video has been created describing each exercise in detail to help ensure proper form and technique. Over 25 different exercises have been included to help promote a full recovery. This application is not meant to be a substitute for an evaluation by a healthcare professional..