

Sidelines

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Sports Medicine Information for the Athletic Community



"High" Ankle Sprains: A Common Injury During The Basketball Season

A "high" ankle sprain, also known as a syndesmotic ankle sprain, is an injury to the ligaments between two major bones of the lower leg (*Tibia and Fibula*) at the ankle joint. This type of



ankle sprain accounts for between 10% and 20% of all ankle sprains. A "high" ankle sprain is named

because the injury is above the joint. It is a tearing of the syndesmotic ligaments of the tibia and fibula bones. It is different from a typical sprain because it is more severe, takes much longer to heal and may rarely require surgery early in the treatment course. A "high" ankle sprain is caused by an outward twisting of the foot and ankle. This is opposite of a typical ankle sprain where the foot and ankle are twisted inward. Football, soccer, and basketball are the most common sports that this injury is associated with.

Common signs and symptoms seen with a high ankle sprain include inability to walk on the affected leg, difficulty with toe walking, less swelling than a typical ankle sprain, pain elicited when

squeezing at the midpoint of the calf or gently moving the foot outward.

Most "high" ankle sprains can be treated in a manner similar to typical ankle sprains. The acronym P.R.I.C.E spell out the treatment. **P**=Protection from injury, usually with a splint or air cast and crutches until the patient can walk without a limp, **R**=rest, **I**=ice, **C**=compression, **E**=elevation. This type of an ankle sprain, however, will take much longer to heal and will require physical therapy to strengthen the muscles around the ankle. Severe "high" ankle sprains with significant displacement of the bones may require surgical stabilization.

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Proper stretching and strength training may help prevent this type of injury. It is always a good idea for athletes involved in high collision sports to strengthen the musculature around their ankles and to increase their balance and proprioception. Ankle injuries are very common and can be debilitating, causing an early end to an athletes season.

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Dietary Analysis Now Available Through Towson Sports Medicine

Towson Sports Medicine Center, in conjunction with The Running Center and The Women's Sports Medicine Center, are now offering Computerized Nutritional Assessments. Each client will be required to record three days of dietary intake. The food lists must be very specific to amounts, brands, cooking preparation, and other necessary information that changes a food's nutritional content. Activity level will also be assessed.

The food list will be entered into a computer program and printed for the client. Recommendations will be made by a board certified sports medicine physician based upon the RDA, activity level, and specific concerns of each client. The cost is \$30 per assessment.

For more information regarding the nutritional assessments, please call Lindsey Nadeau, ATC, CSCS at 410-337-5310.