

SMART Sports Medicine and Rehab Team

Ankle Sprain – Volleyball Player

Sarah (name changed) is a 14 year old competitive volleyball player that sprained her ankle while exercising with a personal trainer and performing lateral jumps. She visited her family physician and it was determined that she did not fracture her ankle. After two months Sarah still could not run or jump and felt like her ankle would roll when walking on uneven terrain.

Sarah followed up with her family physician and a second set of x-rays were obtained and found to be normal. She was then referred to ***SMART***. At Sarah's initial visit we found that Sarah had lost some of the motion, strength and balance in her ankle. We designed a treatment program to restore her motion, strength and balance which she performed daily at home.

After one week she had regained 90% of her motion and no longer experienced pain when walking on level surfaces. Her training program was advanced and two weeks later she had full motion and was able to hop and balance evenly on both feet. One month after starting therapy she was able to participate in a volleyball camp and has now returned to full sporting activity.