




Clinical Condition	Ankle Sprain
Eligibility	<p>More than 3 months of symptoms</p> <p>Pain in ankle following injury +/- instability</p> <p>Acutely/walking is difficult should be able to walk more than 4 steps (if not, the possibility of the fracture should be considered). Ottawa guidelines</p> <p>Usually on the lateral side of the ankle +/- swelling and tenderness</p>
Clinical photo	
Differential Diagnosis	<ol style="list-style-type: none"> 1. Fracture around ankle (Unable to walk more than 4 steps)- Ankle fracture, anterior process fracture, base of 5th metatarsal fracture 2. Osteochondral lesion of talus 3. Syndesmosis injury (high ankle sprain) 4. Ankle/ hindfoot osteoarthritis
Information required with referral	<p>History:</p> <p>Detail history of the injury (Mode of injury, duration since injury, pattern of twisting the ankle, any treatment taken, ability to walk)</p> <p>Any other associated injuries</p> <p>Exact site of tenderness</p> <p>Any treatment used (immobilization, analgesics, physio)</p> <p>Define reason of referral, ongoing pain or instability</p>
Investigation required for the diagnosis	<p>Weight bearing ankle x rays (AP, Lat and Mortise view)</p> <p>Ultrasonography-> ligament tear/ sprain is a common finding, only need referral if ongoing instability after proprioceptive exercise / physio rehab program</p>
Pre-Referral management strategies (information required with referral)	<ol style="list-style-type: none"> 1- Rest, ice, cold compressions, elevation, analgesics and anti-inflammatory medication 2- Physiotherapy- after the acute phase subsides. 3- Proprioceptive exercise for instability-> 90 % success rate
Referral Criteria	<p>Continuous pain and instability despite the non-operative management for 3 months.</p> <p>Acute cases with osteochondral fracture</p> <p>Unable to perform physiotherapy.</p>
Fact sheets	<p>http://www.footeducation.com/sprained-ankle</p>