

# How to treat an acute ankle sprain

per Rue Tikker

# Step 1

- The first thing to do is to remove lymphatic congestion in the foot. This will relax the foot and the patient and start the lymphatics flowing, which stimulates healing.

# Lymphatics

- The moves are gentle and should not cause patient discomfort.
- The effort comes from the web of the hand.
- Start just behind the toe nails (the lymphatics begin in the toe webs).

# Lymphatics

- Apply a gentle, circumferential squeeze to the foot and work from toes to heel.
- This will work till the level of the talus.
- Repeat as many times as necessary to facilitate change in the tissue.

# Lymphatics

- If the heel is congested, fold the foot around your thenar eminence repeatedly until release is noted.
- It is important not to use finger or thumb tips while performing this - not only will it hurt the patient, it is harder on you.

# Step 2

- Keep the foot in neutral position.
- Interlock index through ring fingers of both hands.
- Slide hands posterior on foot to the level of the talus.

# Talus

- Slightly dorsiflex the foot.
- Give a gentle traction and tug on the talus.
- Release may be felt, but is not necessary.

# Step 3

- Place one hand on the heel.
- Place forefoot against chest.
- Dorsiflex the foot.
- Place other hand on the lateral cuneiform at the level of Lisfranks joint.



# Lateral Cuneiform

- The lateral cuneiform hand moves in a shearing motion to move the cuneiform back into its place.

# Step 4

- Move back from the patient.
- Keep the foot in neutral position.
- One hand on the heel.
- The other hand on the cuboid (its farther back than you think)

# Cuboid

- Loose pack the cuboid.
- Stabilize the heel and rotate the cuboid laterally.

# Step 5

- This is where you stop for an acute ankle sprain.
- Wrap and tape the heel and mid foot.