

Attacking Ankle Sprains

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I find it interesting that so often athletes are dissuaded from pursuing aggressive treatment regimes for their injuries when at times an aggressive path to recovery can improve outcomes and reduce the likelihood of a need for surgical intervention.

In the area of ankle sprains, for example, a good deal of evidence suggests that patients should take an assertive approach to their recovery in order to prevent the development of excessive scar tissue and to maintain flexibility in the joint. Certainly, there are limits to this advice, and athletes and others should have a reasonable view of the time their injuries need to properly heal. Finding the point of balance between overactive and insufficient treatment of joint injuries, however, should be a goal for doctors and patients alike.

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