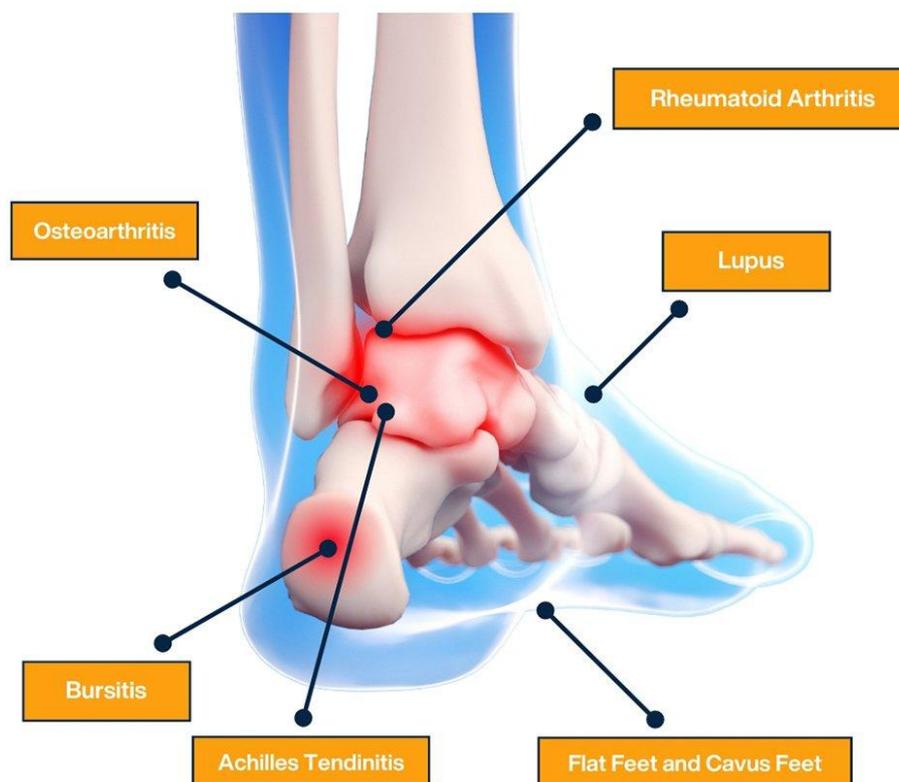


Ankle Pain

Common Causes of Ankle Pain



What is Ankle Pain?

Ankle pain can come from injury, overuse, or underlying medical conditions. Common causes include:

- **Sprains** – stretched or torn ligaments
 - **Strains** – overworked muscles or tendons
 - **Arthritis** – inflammation of ankle joints
 - **Tendonitis** – inflamed tendons around the ankle
 - **Fractures** – broken bones
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Who Gets Ankle Pain?

- Athletes and people who **exercise frequently**
 - People with **previous ankle injuries**
 - Older adults with **arthritis**
 - Anyone who **walks or stands for long periods**
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Symptoms

- Pain around the ankle
 - Swelling or bruising
 - Stiffness or reduced range of motion
 - Instability or “giving way” of the ankle
 - Pain on walking, running, or standing
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Self-Care & Home Management

- **Rest** – avoid activities that worsen pain
 - **Ice** – apply ice packs for 10–15 minutes, 2–3 times daily
 - **Compression** – use elastic bandage to reduce swelling
 - **Elevation** – raise your ankle above heart level when possible
 - **Pain relief** – paracetamol or NSAIDs if safe for you
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Exercises

1. **Range of Motion:** Circle your ankle slowly in both directions 10 times

2. **Calf Stretch:** Lean against a wall with your back leg straight, heel on the ground, hold 20–30 seconds
3. **Strengthening:** Stand on your tiptoes 10–15 reps, 2–3 sets

A physiotherapist can guide you on the **right exercises** for your condition.

When to See a Physiotherapist or Doctor

- Pain **does not improve** after 1–2 weeks of self-care
 - Severe **swelling, bruising, or deformity**
 - **Inability to bear weight** or walk normally
 - Recurrent **ankle instability**
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Treatment Physiotherapists May Offer

- Hands-on techniques: **massage, mobilization, stretching**
 - **Exercise program** for strengthening and flexibility
 - Advice on **footwear, bracing, and activity modification**
 - Taping or orthotics to **support and protect the ankle**
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Prognosis

Most ankle pain improves with **appropriate care** in a few weeks to a few months. Early treatment and consistent exercises reduce the risk of **chronic pain or instability**.

References

- NHS – Ankle Pain: www.nhs.uk/conditions/ankle-pain
- Chartered Society of Physiotherapy – Foot & Ankle Guidance