

Ankle Sprains

A sprained ankle is one of the most common injuries. It usually occurs when a sudden sideways or twisting movement of the foot causes the ligament to be stretched too far, and is either partially or completely torn.

This can occur while playing sports if you happen to land or jump on an uneven surface or can even be caused by something as simple as slipping on ice or stepping off of a curb wrong.

While ankle sprain treatment is easy enough to apply on your own, it is important to visit a doctor if you believe the injury is more serious than just a sprain.

A Common Ankle Sprain Question

Q: Can I play sports if my ankle sprain seems bearable?

A: If it hurts, you should not bear weight on it. Give your ankle a rest. If not significantly better in 2-3 days or if pain is more severe, you may need to be examined by a doctor to make sure it is just a sprain and not a fracture. Ankle strengthening exercises should also be considered. Once you sprain your ankle you lose proprioception in that joint. This means that your ankle does not know or sense where it is in space nearly as well and you are prone to re-injure it. Wetting the ankle is fine. Please rest your ankle. Most people do far more damage by trying to push themselves and turn a minor injury into one that can nag them for years.

WOW!



Approximately 25,000 people experience it each day. A sprained ankle can happen to athletes and non-athletes, children and adults. It can happen when you take part in sports and physical fitness activities. It can also happen when you simply step on an uneven surface, or step down at an angle.

Office Hours

Mon-Fri: 8am - 5pm

Lunch

12pm to 1pm

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

The Best Treatment Plan

#1: Stay off of your ankle. The most important thing you can do to make sure your ankle sprain heals correctly is to stay off it as much as possible.

#2: Ice your ankle. Icing down your ankle within the first 48 hours is vitally important in keeping the swelling down. Never place the ice directly on your skin.

#3: Keep your ankle elevated. Elevation helps keep the swelling down and reinforces the first step- staying off your ankle.

#4: Keep your ankle compressed. While staying completely off your ankle is ideal, there might be times when you have no choice. Therefore, it is important to compress the ankle by using an ace bandage or ankle brace.

#5: See a doctor. Most injuries will heal on their own; if you believe the injury may be more serious then call our office.

Ankle Strengthening Exercises

Foot Flex: Sit on the floor with knee straight and leg extended. Flex foot toward the body and hold for 15 seconds before relaxing. Repeat 15 to 20 times.

Calf Stretch: Sit on the floor with knee straight and leg extended, with toes pointing up. Loop a towel around the ball of the foot and gently pull so that tension is slightly felt in the calf muscles. Hold this position for 5 to 10 seconds before relaxing and repeat.

Heel Stretch: Stand in front of a wall or chair with the injured foot behind the other, toes pointing forward. Bend the back knee slowly until a stretch is felt from the heel to the back of the leg. Hold this position for 10 to 15 seconds before relaxing. Repeat 5 to 10 times.

Ankle Push-Out: Perform this exercise either sitting or standing. Keep the foot flat on the floor while pushing it outward against a wall. This works the muscles. Repeat in sets of 20.

Community Service

"Keeping Nashville on Their Feet"

Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which is a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

Let's Wish Happy Birthday to all the May Patients!

Happy birthday to you... We'd like to give special recognition to all the patients who have a May birthday. We hope you enjoy your special day!

Happy
Memorial Day!!!

Product of the Month

"Powersteps"

Heel and arch pain is widespread in today's "on-the-run" society.

Powerstep products give your feet the support and stability you need. They correct foot posture and mechanics. Powersteps help to relieve pain, increase arch support, and prevent injury. Research indicates 80% of adults experience foot pain,

but with the latest advances in foot support brought to you by Powerstep, you can avoid heel and arch pain! Stop by our office to pick up your pair, either in ¾ length or full-length for your shoes.



Community News

May 21-23: TN Ranch Horse Show at the TN Miller Coliseum in Murfreesboro.

May 21: Music at the Mill held at Gregory Mill Park on Enon Springs Rd in Smyrna. The summer concert series begins at 6:30pm.

May 24-28: TSSAA Spring Fling for Track and Field, Baseball, Soccer, and Softball. Visit www.tssaa.org for more information.

May 30: Music in the Park held at The Avenue in Murfreesboro from 2:00 to 5:00pm.

June 5: Eagleville Main Street Festival held on Main Street in Eagleville beginning at 10:00am.

June 10-13: Bonnaroo Music & Arts Festival held in Manchester, TN. This is a four-day, multi-stage camping festival

Accepting New Patients

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members"

Referrals Mean the World To Us!

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new MALCO-ROXY Theater in Smyrna, TN

Success Story

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to www.neufoot.com.

Are you tired of Foot Problems?

Get a Free copy of
"Healthy Feet are Happy Feet."

YOURS FREE!

