

SOCCER & ANKLE SPRAINS

Due to the constant fast-paced movement and agility required to play the game of Soccer, it is only logical that at times the players may sustain some type of injury. One of the most common types of injuries that we see on the Soccer field is the ankle sprain.

Ankle sprains may be inversion, where the sole of the foot turns inward, or eversion where the sole of the foot turns out. They may be graded by degree, either 1st, 2nd or 3rd, with 3rd degree being the worst type. In Soccer, the most common type of ankle sprain is the inversion sprain, which happens in 85% of all ankle injuries.

The degree of the sprain is classified in the following manner:

- 1st degree – little to no swelling, no loss of motion, stretching of the ligaments.
- 2nd degree – moderate swelling, some loss of motion, partial tearing of the ligaments. (Most common)
- 3rd degree – extreme pain and swelling, complete loss of motion, complete tear of the ligaments. (Most severe)

The treatment of all ankle sprains should follow the RICE principle:

1. Rest the injured joint. (do not try to “Walk it off”)
2. Ice the injured area for 15 – 20 minutes.
3. Compression – apply an ace bandage to the area to control Swelling. (Remember to wrap toward the heart and not too snug)
4. Elevate the area above the heart.

It is a good idea to always have x-rays following an ankle sprain because there is always a chance of a fracture of the joint.

Follow these tips to try and avoid injuries:

- Warm-ups properly and especially stretch your Achilles tendon.
- Wear good shoes and make sure they are laced properly and have no cleats missing.
- Inspect the field before the game for holes, divots and debris.
- Tape or brace an ankle that has been previously injured.

Should you have any questions, please call us at 972-969-2140.

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