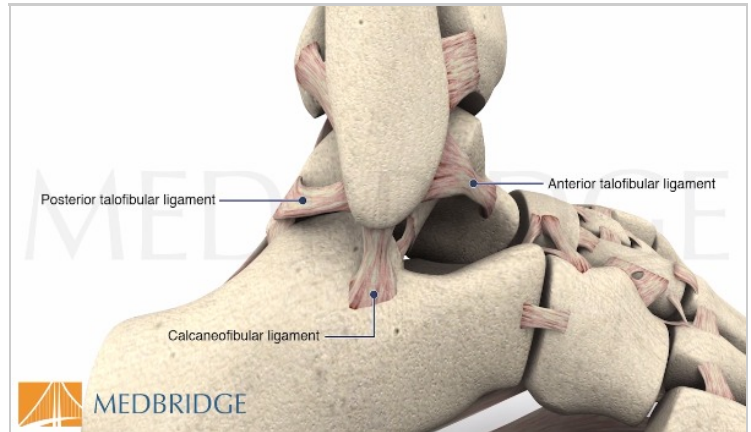


Lateral Ankle Sprain



Right Foot: Lateral Ankle Sprain



Outer Right Foot: Ligaments



Outer Right Foot: Sprained Ligaments

A lateral ankle sprain occurs when the foot and ankle are stretched or twisted to the outside. The ankle joint is formed by the shinbone (tibia), smaller leg bone (fibula), and the ankle bone (talus). There are many muscles and ligaments that connect the leg, ankle, and foot. An ankle sprain can injure the joints, muscles, ligaments, and nerves, and affect ankle function.

If you roll your ankle to the outside, the injury is called a lateral ankle sprain, or an inversion sprain. The ligaments most affected in a lateral ankle sprain are the anterior talo-fibular ligament, the calcaneo-fibular ligament, and the posterior talo-fibular ligament.

The severity of an ankle sprain can be described as a grade 1, which involves slight stretching and injury to the ligament, grade 2, a partial tear of the ligament, or grade 3, when the ligament is completely torn.

Symptoms of a lateral ankle sprain may include pain, swelling, and bruising. It is also common to have difficulty walking, standing, or running, depending on the injury.

Individuals who sprain an ankle are at risk for reinjury. Therapy that includes strengthening and balance training is important for preventing another ankle sprain.