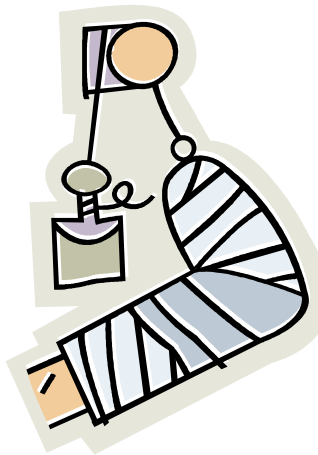




Welcome to All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

ANKLE SPRAINS

Ankle sprains are one of the most common injuries to occur when playing sport or during work and everyday activities. An ankle sprain occurs when the ligaments are over stretched causing ligament fibres and small blood vessels to tear. Pain, bleeding in the tissues, and swelling are the result. Most of the time, if it's minor, it tends to be ignored because it seems to improve on its own...that is, until the next time it is injured, and the next and the next...until you end up with a "dodgy" ankle.



Research shows that early mobilisation and rehabilitation of ankle sprains results in better outcomes than if the injured ankle is immobilised or not rehabilitated at all. Physiotherapy management leads to fewer residual problems, improved range of motion and walking speed, earlier return to work and

activity, and a reduced risk of recurrence.

When you have an acute ankle sprain, physiotherapy can help to reduce pain and swelling, restore ankle movement, strengthen muscle and prevent weakness. It can help you to get back to sport, work or everyday activities more quickly and at the right time so that you don't do more damage to your ankle.

Early treatment is the key to a good outcome in this condition. You should see your physiotherapist as soon as possible after the injury to avoid prolonging the symptoms and impairment, and to reduce the chances of a drawn out rehabilitation process. Rehabilitation can begin

ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Marianne Mendis**
Physiotherapist
- Belinda Jarrett**
Physiotherapist
- William O'Callaghan**
Physiotherapist
- Julie Hall**
Receptionist/Admin
- Debbie Livesay**
Receptionist



POINTS OF INTEREST

Our Clinic provides:

- On-the-spot Health Fund rebates.
- Up to 2 hrs free parking in Brisbane Private Hospital and Specialist Centre Car Parks only (if available) by presenting parking ticket to receptionist for validation.





Level 5 Specialist Centre
Brisbane Private Hospital
259 Wickham Terrace
Spring Hill Qld 4000

Phone: 07 3834 6501
Fax: 07 38346564
Email: all_care@tpg.com.au

Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care

We're on the Web!
allcarephysiotherapy.com.au

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immediately and not just when the pain settles down.

In the meantime, here's some advice on what to do immediately after an ankle sprain. As soon as possible and for 72 hours after injury, use the **RICE** method:

R = REST

Take it easy and move only within the limit of your pain.

I = ICE

As soon as possible, and for 20 mins every 2 hours, apply ice or a frozen gel pack, wrapped in a towel. This helps to control the bleeding within the tissues and the pain, and reduces secondary tissue damage.

C = COMPRESSION

Bandage the entire ankle and lower shin firmly. This helps to control swelling and gives your ankle some support.

E = ELEVATION

Please let us know if you do **NOT** wish to receive our newsletter. If you have any ideas for articles, please email us at all_care@tpg.com.au and attention it "Newsletter Editor"

STAFF CHANGES

We would like to welcome Julie Hall to the team at All Care Physiotherapy.

She will be our full-time receptionist from 3 September.

Julie has worked as a receptionist in the medical industry for a number of years.

WELCOME

FAREWELL

Morag Palombo will be leaving All Care Physiotherapy on Friday 7 September.

She has been our full-time receptionist for the past 3 years.

Morag is moving on to be a medical typist. We wish her well for the future.