

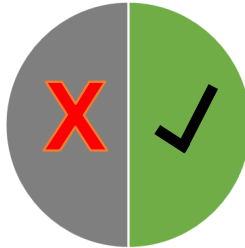
# Ankle Sprain Statistics



40% of all traumatic ankle injuries occur during sport

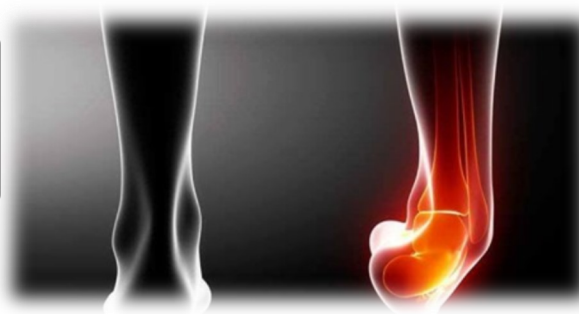


Up to 40% develop chronic ankle instability



Only 50% of individuals seek medical attention

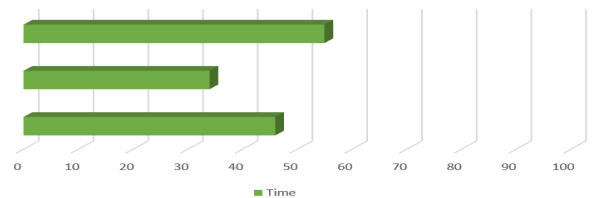
Women have a higher risk of sustaining an ankle sprain, however in-competition men are more at risk



The use of a brace or tape reduces the risk of recurrent ankle sprains by 70% and first time sprains by 30%

Limited ankle movement, reduced balance and poor postural control increase the risk of injury

Surgery is mainly reserved for those with chronic instability who have not responded to comprehensive physiotherapy



Exercise programmes that are initiated early reduce recurrence by up to 60%

46% of patients still experience pain  
34% experience recurrent sprains  
55% report instability up to 4 years post injury

Diagnosis, treatment and prevention of ankle sprains: update of an evidence-based clinical guideline (2018)

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