

STUDIES SHOW THE DANGERS OF IGNORING REOCCURRING ANKLE SPRAINS

Repeated ankle sprains and other ankle injuries can lead to severe ankle arthritis, sometimes the inability to walk (end-stage arthritis) and should be treated aggressively.

Ankle arthritis is a common ailment that can result in the need for surgery and other long term ankle instability, pain and inactivity.

Ankle arthritis differs from hip or knee arthritis in that it usually results from trauma rather than the everyday wear and tear associated with old age. It has been reported that post traumatic arthritis is the leading cause for end stage ankle arthritis.

Studies show that 18% of the patients suffering from end stage ankle arthritis have a history of chronic instability, and repeated ankle sprains.

Most people don't realize that little reoccurring ankle sprains can lead to such severe pain and an inability to walk. If something as simple as reoccurring ankle sprains can have this effect, patients should be more proactive in seeking treatment after ankle sprains.

In a recent study conducted on 455 end stage arthritic ankles, 58% resulted from post-traumatic arthritis, 29% from secondary arthritis, which includes instability, 13% from complication of swelling and infection, and less than 1% was attributed to primary osteoarthritis.

If you are diagnosed with osteoarthritis of the ankle, there are non surgical options available through new and advanced ankle bracing available at Cumberland Foot and Ankle Center.

Don't ignore recurrent ankle sprains!

Jonathan Moore DPM, MS