



# OUR PHILOSOPHY FOR PROVIDING A SOLUTION TO **ANKLE PAIN**



Roland Jeffery Physiotherapy  
22 Chartwell Avenue  
Glenfield  
Auckland 0629

**W** [www.rjphysio.co.nz](http://www.rjphysio.co.nz)  
**E** [admin@rjphysio.co.nz](mailto:admin@rjphysio.co.nz)  
**P** 09 444 7643



## THE PROBLEM

An ankle sprain is usually a sudden injury or specific event that you will remember. Often people say they have rolled their ankle. There will be swelling, bruising and pain. Sports activities will make it worse, as will standing and walking.

We know that the ankle joint is a complex group of ligaments, tendons and muscles. These all need to work in the correct biomechanical pattern or you can develop further pain as a result of your ankle sprain.

The ankle also requires a strong stable base to function. This base is usually provided by your calves, knees and lower back. Pain, inflammation and wear and tear will develop if you keep using your ankle joint while it is injured. This in turn causes you to develop poor movement patterns. You will develop altered walking and running styles. This in turn creates a “muscle imbalance,” reinforcing your poor gait causing further pain and inflammation, often in your Achilles tendon, and calves. An ankle instability can also develop which causes recurrent sprains.

This poor walking/ running style (gait) or poor biomechanics will become a habit and you will be consistently in pain. If you keep this “bad habit” you will continue to aggravate and irritate your ankle and your pain and swelling will persist and will potentially get worse. You can develop poor balance and have decreased strength with your ankle. This can create a long-term problem for you.

Treatment of your ankle sprain will make you feel better. However, if you have the pain treated (massage, mobilization, taping, acupuncture), but do not correct your gait, your biomechanics and strength deficits, you are only receiving a “temporary relief” from your pain, and it is likely that your pain will reoccur. This is only short-term relief, and not a long-term solution.



## Does this sound familiar??

**Roland Jeffery Physiotherapy** take a different approach and will help you to achieve a **SOLUTION**, not just a quick fix.

### THE FIRST PART OF THE SOLUTION.

We will provide you with the acute treatment needed to “remove your pain”. Pain makes you miserable and stops you enjoying life so we need to do this first. We do this after careful assessment of you and your situation.

#### We will tell you -

- i) What is wrong
- ii) How we can help you

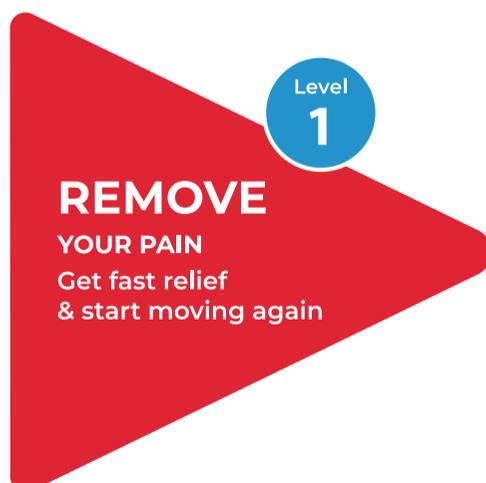
We will then provide treatment and remove your pain. The time this takes will vary according to how long you have had your pain, but our highly trained physiotherapists will do their best to identify how long this may be.

If you have successfully been through this before, you will know how great it feels when your pain goes away. BUT you may also know that feeling of disappointment, when the pain comes back (often quickly with a simple movement or posture!)

So, if you have not changed any of the factors in your life that may be causing your pain in the first place, it is not surprising that your pain reoccurs.

We also know your ankle becomes weak with imbalance and pain, and do not spontaneously correct when pain settles.

Your ankle is weak, vulnerable and you are often moving incorrectly! Your pain will reoccur.



# So how do we stop this cycle?

## The Long Term Solution

We then need to look at your underlying movement and postural issues so we can identify the problems and eliminate them.

We do this with a posture and movement analysis. Your physiotherapist will use cutting edge technology and screening tools to look at "how" you are moving.

This will help your physiotherapist advise you on what you need to do to rebuild & restore your core, ankle strength and movement. If we remove your pain but not change the factors which put you into pain, like poor core stability, poor postural habits or poor movement patterns and weakness, we would be doing you a dis-service. This process of removing the pain and restoring your core and movement will make you feel great

## Prevention/Strength & Improved Performance – Staying Motivated

Feeling great can often lead to a loss of motivation to continue with the preventative aspect of the programme as we further improve your performance and help you achieve your goals.

Your physiotherapist will use the posture & movement analysis to help develop a pathway for you to achieve the goals you mutually agree upon. This pathway document is something unique to you and your condition and it shows where you have come from (pain) and shows where you are heading (improved performance, without pain) by achieving your goals.

This pathway document can be very helpful to keep you motivated whilst you continue to work on strength and conditioning. This is level 3 of your pathway, and is often managed by our highly trained specialised clinical pilates or strength & conditioning therapists.

Your physiotherapist will provide you with options of how you would like to move into level 3 of our ankle pain to performance programme. This may involve individual or group exercise to encourage you to continue with a self-management plan or a home programme.



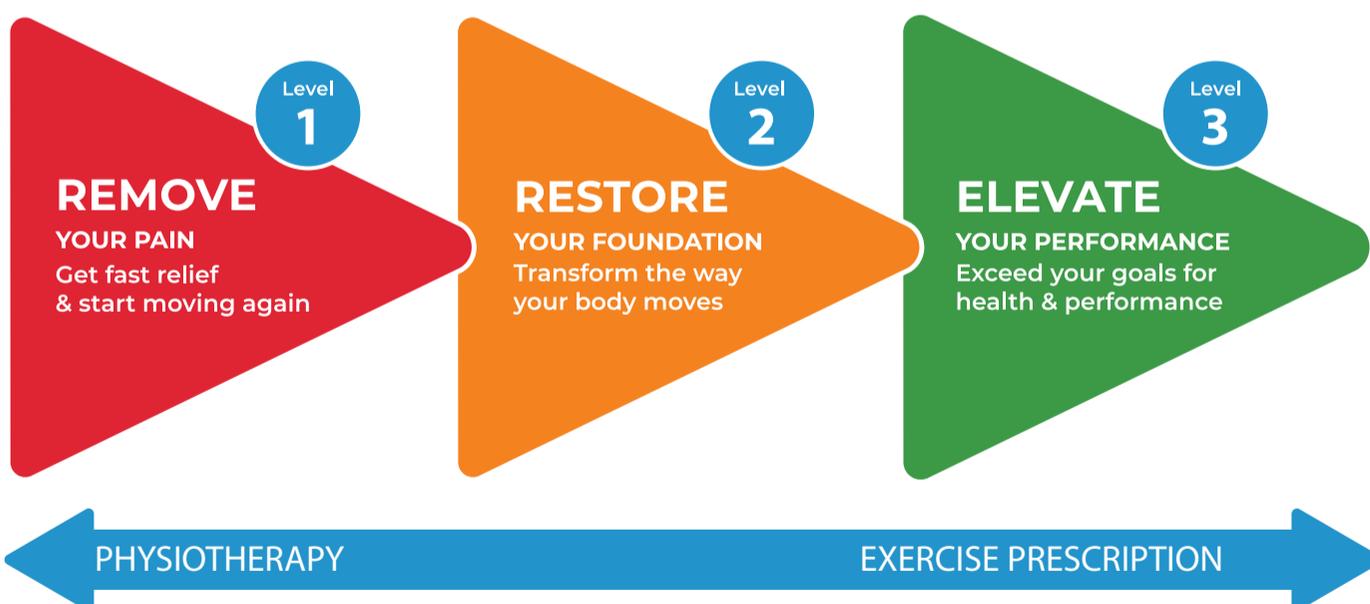
## In Summary

We hope you can see that our Pain to Performance philosophy does more than just get you pain free. It keeps you pain free.

By developing exercise habits and an "exercise for life" mentality, you can be confident that you have beaten your pain and can get back into the life goals you have set for yourself and improve your performance in these life goals.

Good luck and.....What are you waiting for?

Grab hold of that goal you have set for yourself and enjoy life once again.



Ask your physiotherapists if you are ready for our posture and movement analysis, so we can design a programme to individually rebuild and restore your ankle strength and function.