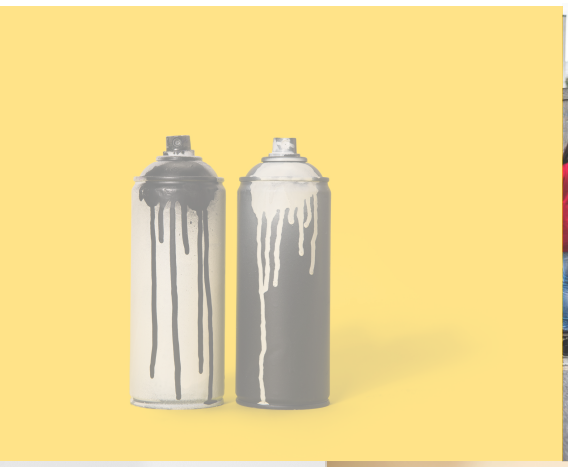
BEN ROWLES PHYSIO

EST 2018

VAGUE



THIS IS A PREVIEW OF THE ANKLE SPRAIN GUIDE. MOST OF THE CONTENT HERE IS TAKEN DIRECTLY FROM THE FULL GUIDE TO GIVE YOU A TASTER, INCLUDING A VIDEO WITH SOME SAMPLE EXERCISES.

CLICK HERE FOR THE FULL GUIDE NOW AVAILABLE VIA OUR STORE, WHICH INCLUDES:

- 4X EXERCISE VIDEOS
- AUDIO & VIDEO WEBSITE SECTION INCLUDING SPOTIFY PLAYLISTS
- RESEARCH ARTICLES ABOUT ANKLE SPRAIN REHAB
- INFO ABOUT THE INSTA LIVE Q&A SESSIONS
- HOW TO USE ICE
- TOPICS EXPLAINED: PROPRIOCEPTION, STRENGTHENING, MOBILITY
- TIPS ON INJURY PREVENTION

2021 VERSION

ANKLE SPRAIN

PREVIEW

Photo: Reece Leung

THIS GUIDE INCLUDES:

01 *4 VIDEO LINKS*

02 *LIVE Q&A DETAILS*

03 *SPOTIFY PLAYLISTS*

04 *RESEARCH ARTICLES*

05 *HOW TO ICE SECTION*

06 *VIDEOS OF THE WEEK*

WELCOME

BY BEN ROWLES (BSC, HCPC, MCSP)

I've teamed up wth Vague Skate Mag to make mainstream healthcare and physiotherapy more accessible and relatable to you. Whether you skate, snowboard, cycle, run, this guide is designed to support you with physio rehab following a sprained ankle.

Scroll through the pages below for evidence based tips and techniques, alongside video links that show you how to start and progress balance & strength exercises to help you on get back to doing the activity you love to do.

> *Making mainstream healthcare relatable to streetwear culture*

CONTENTS

PREVIEW EXERCISE VIDEO

CLICK HERE

PREVIEW SPOTIFY PLAYLIST

CLICK HERE

SEEK SUPPORT

WHEN TO SEE A DOCTOR OR PHYSIO

Any new injury or symptoms should be assessed by a registered and qualified healthcare professional such as a doctor, physiotherapist, paramedic, or trained professionals working in accident and emergency departments.

This guide includes general information based upon research articles and physiotherapy training. Ben Rowles Physiotherapy is not responsible for any individual issues related to the information discussed within this guide, and if anybody has any issues they will need to seek support from their local healthcare provider.

Here are a few links to the United Kingdom's (UK) National Health Service (NHS) website about when to see a doctor following an ankle injury:

SPRAINS AND STRAINS

BROKEN ANKLE

PROPRIOCEPTION

WHAT IS IT?

Proprioception is a concept relating to the awareness of the movement and position of body parts in space.

There are proprioceptive receptors all over the body that constantly send signals to the brain telling it where the ankle is, or where the hand is, for example. If the brain didn't know where its body parts are, then people wouldn't be able to do the simplest of tasks such as chopping an onion without slicing a finger, walking down the street without tripping over, let alone playing a game of football or flying down a handrail on a skateboard or snowboard.

If somebody has an injury, such as those of the ACL within the knee joint, studies have shown that this may have a negative impact on proprioception, potentially leaving it prone to re-injury.

> *Awareness of movement and position of body parts*

HOW TO PROGRESS

Generally speaking, when somebody is able to perform an exercise easily then it's time to make it a little harder until they have reached their goals. The balance video shows the progression of balance exercises from easy through to difficult.

A simple way is to start at level 1, then when this can be done for approx. 20-30 seconds then it's time to move to the next level, and so on. If any of the stages feel too difficult, then simply returning to the previous level may help.

Difficulty Increases

THANK YOU

If you found this guide helpful, I would really appreciate a Google Review.

Simply type 'Ben Rowles Physiotherapy' into Google and follow the review procedure on the right.

Tag me (@benrowlesphysio) in your photos and videos of you doing your balance exercises on Instagram and Twitter and I will re-post!