

Tips for Those with Ankle Sprains, Part One



Many active and athletic individuals suffer with ankle sprains. It is important to treat this crippling condition promptly as there may be other underlying issues accompanying the sprain.

This is Doctor Mauras and today I would like to share with those of you in the Columbia Gorge a podiatry tip in a three part series on ankle sprains. One of the most important keys to keep in mind is that those that suffer with ankle sprains should never soak their feet in hot water. Hot water actually increases the swelling as it increases the flow of blood to the area. The swelling will then cause added pressure on the nerves, which causes more pain.

If you're dealing with an ankle sprain, why not stop by my office in Hood River and let me, Doctor Mauras take a look!

Call for your appointment today at: 541-386-1006.