

Tips for Those with Ankle Sprains, Part Two



Ankle sprains are extremely common, but so are the mistakes that people make when treating a sprain. This is Doctor Mauras. Let's look at part two of my three-part podiatry series for residents of the Columbia Gorge about ankle sprains. If you suffer a sprain, never assume that an elastic bandage is sufficient for healing. While perhaps a bandage can help the ankle heal in some ways, it is vital not to overlook the fact that the affected ligament may have sustained a

tear, or could be severely overstretched, thus warranting immediate medical attention. It is always necessary to see your podiatrist for a complete examination whenever you become injured by an ankle sprain. I encourage you to stop by my office in Hood River, OR anytime that we can be of help.

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