

Decoding ankle injury terms

Run time - :45

ANCHOR LEDE:

Basketball season is in full swing, and with it comes the possibility of ankle injuries. Doctor Marc Leonard, an OSF HealthCare podiatrist, says it's important to know what the terms mean and how to treat and prevent the problems.

The good news: you don't need to memorize four definitions.

Tim Ditman of OSF HealthCare has more.

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Doctor Leonard says a sprain and a strain generally describe the same thing: when a ligament or tendon is torn or weakened. Those are often treated conservatively with rest, ice, elevation and compression.

An ankle fracture and an ankle break also generally describe the same thing: a crack in a bone. Surgery, physical therapy or a brace are treatment options.

Bottom line if you get hurt: get off your feet.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Marc Leonard**  
**OSF HealthCare podiatrist**

**"We would advise them to be non-weight bearing. They would use crutches until they can get an X-ray. Then we can decide whether protecting the ankle, physical therapy or surgery may be appropriate." (:15)**

I'm Tim Ditman.

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ANCHOR TAG:

Prevention of ankle injuries is tough due to all the movement that naturally comes with sports. Doctor Leonard advises to just be sensible with your movements.