



Physical Therapy & Sports Medicine

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DO ANKLE SPRAINS LEAD TO ARTHRITIS?

It is well known that ankle arthritis often occurs after a fracture to the joint. However, it is debatable whether recurrent ankle sprains alone can also lead to arthritis. Research now indicates that ankle sprains seem to boost the risk of developing painful osteoarthritis in the joint. This finding suggests that intensive rehabilitation is needed after chronic ankle instability or sprains to help ward off the chronic degenerative joint disease. This is not the first study to suggest the ankle sprain-and arthritis link. Previous research has shown that lateral ankle instability (involving the outer ligaments) could cause ankle arthritis. The newer study shows that medial (inner) ankle sprains may cause the same result.

If you're healing from an ankle sprain – or any other injury – call us right away. Our certified therapists can help whether your injury occurred in a car accident, at work, by falling, on the playing field, or simply walking down the stairs. We can help your strength and function to get you back on your feet. Call if you would like to learn more about what we can do for you or to make an appointment. Most insurance plans accepted.

P.S. It is estimated that as many as half of patients who experience an ankle sprain will have a recurrence.

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