



### Shin splints

"Shin Splints" is a pain along the shins related to tissue stress from repetitive impact, or overuse of muscles or tendons of the lower leg.

### Achilles Tendinitis

Generally easy to identify, Achilles tendinitis is inflammation of the Achilles tendon above the heel. This inflammation can result from overuse, or from sports/activities that require a great deal of jumping (i.e. basketball, ballet)

### Chronic Ankle Instability

Do you roll your ankle often? Have you suffered from multiple ankle sprains, losses of balance, or even falls? Repetitive or chronic trauma to foot/ankle ligaments can lead to instability that can affect your function—*Physical Therapy can help!*

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540 S. College Ave., Suite 160  
Newark, DE 19713  
Phone: (302) 831-8893  
Fax: (302) 831-4468  
[www.udptclinic.com](http://www.udptclinic.com)



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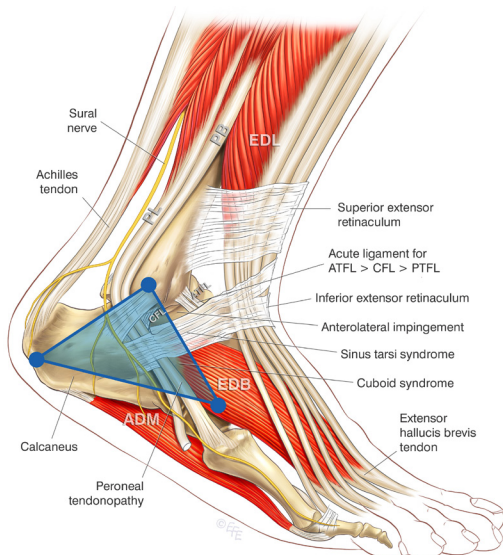
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Ankle Center



## Know Your Ankle

- The bones and joints of the foot and ankle are held together by a strong network of muscles and ligaments.
- The most common foot/ankle injury reported by patients is damage to these ligaments, commonly called Ankle Sprains.
- Ankle Sprains can run the gamut from minor to very serious. If experiencing intense pain, or pain lasting more than 24-48 hrs, you should see a physical therapist or physician.
- Other conditions involve stress or trauma to soft tissue (muscles, tendons) or the bones about the ankle joints.
- Physical Therapy is an effective means to recover from injuries/overuse conditions and preventing recurrence.



## Tips for managing acute foot/ankle injuries

### “PRICE”

Stands for Protection Rest, Ice, Compression, and Elevation—is shorthand for the steps you can take immediately (up to 2-3 days) following a foot or ankle injury. Remember: PRICE is not a substitute for professional care; it’s a way to reduce the risk of further injury until you can see your physical therapist or physician.

- **Protection:** Protect the injured tissues.
- **Rest:** Stay off your feet if you can.
- **Ice:** Fill a plastic bag with ice or wrap ice in a towel. Gently place the ice over the affected area in a 20-minute-on, 40-minute off cycle—check your skin often.
- **Compression:** Lightly wrap the injured area with a compression bandage. Make sure the bandage isn’t too tight.
- **Elevation:** To reduce swelling and pain, sit in a position that elevates your foot higher than your waist.



An example of an “Lateral” (outside ligaments) Ankle Sprain. Other types of sprains include “Medial” (inside ligaments) or “High” (sheath between two shin bones).

## How Can Physical Therapy Help?

- Pain & swelling control - Ice & electrical therapy
- Balance training - Customized exercises to enhance your balance
- Strengthening - increase strength and endurance of the muscles supporting your ankle.
- Motion - Manual techniques for motion of tight tissue and joints
- Return to Work and/or Sport Progression and education - to enable you to get back to work or activity.



Call today to schedule an appointment. We are on campus and open to the public!

**Phone:** (302) 831-8893

**Fax:** (302) 831-4468