



# Ankle Pain HANDBOOK



# SLEEVE STARS

ASSIST YOUR BODY. ENHANCE PERFORMANCE.

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## INTRODUCTION

If you want a healthy overall physical body, you must have a stable active joint performance. Joints are very important for athletes to perform well. Even non-athletes should try to have top notch performing joints so that they can walk properly, run when needed and become less prone to injury when playing sports.

Of all the joints that we have that we need to be in top notch performance, it is our ankle joints that are should be given much importance to function well.

### **Injured Ankles Can Ruin a Career of a Pro**

We have seen, heard and have probably known a story of someone whose career ended because of an injury. If you are an aspiring athlete who wants to make your sport a career, your physical health is of paramount importance. Even if you have just endured a simple ankle sprain, it might be the reason for you not to be drafted. Your skill and talent will get you noticed as a player, but

your overall performance as an athlete will get you drafted as a pro, this includes your overall health condition. Making sure that your ankles are in tip top shape will give you the opportunity to play in the pros. SO, you have to strengthen those ankles!



## HOW CAN I BEAT MY ANKLE PAIN

Beat your ankle pain! Whatever the origin, whatever the actual injury, the mission is to stop ankle pain. If you can't stop it, then at least bring it way down to a much more manageable level that allows you to live your life to the fullest despite carrying a bit of pain. Nobody wants to put their life on hold just because of ankle pain.

## SCOPE AND LIMITATIONS

This Free Report is a simple guide that will give you steps and information to have better overall ankle health. This will discuss in detail common types of ailments that cause pain in the area, the syndromes and potential injuries that cause ankle sprains, swelling and pain, things that people have unsuccessfully been attempting to alleviate pain – and, of course, the best practices of people who have relieved themselves of chronic ankle pain. It is limited to the said topic of discussion mentioned above.

## FACTOIDS

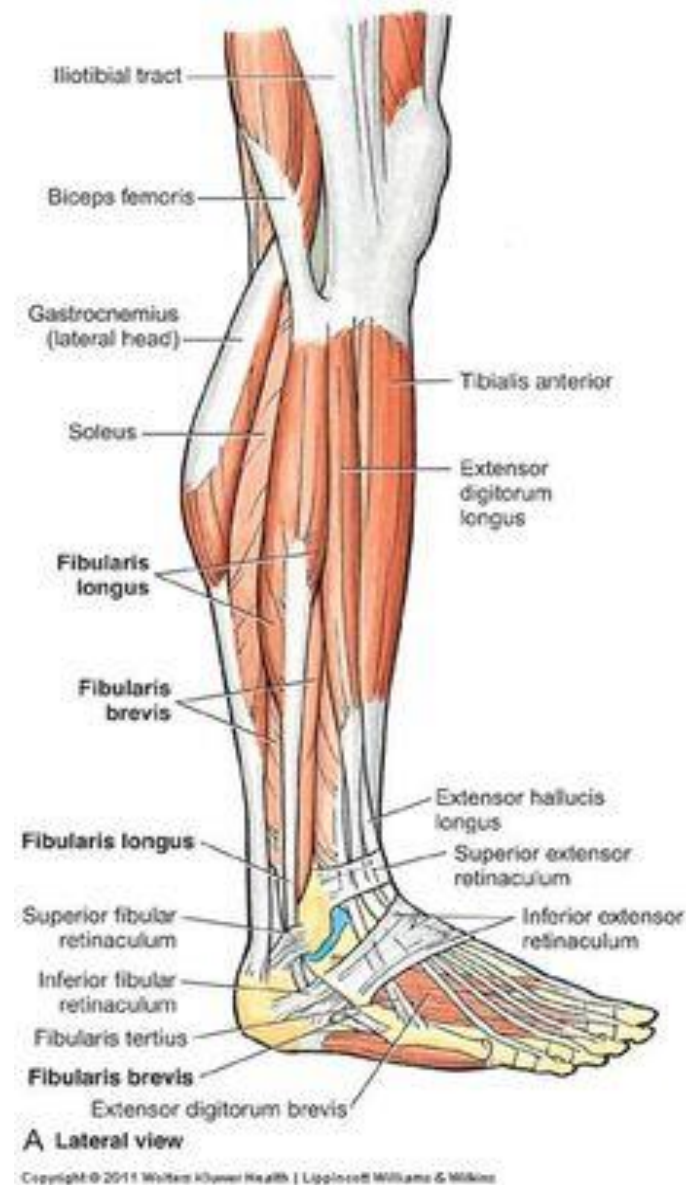
**The Achilles tendon**, is found connecting the heel and the calf. Its prominence in assuring proper foot and ankle movement – providing the “push-off power” for walking and running – is seconded by its mythological prominence as the main weakness of Greek hero Achilles, for whom the tendon is named. Achilles tendon injuries tend to be common, sadly, due to the constant use that this tendon undergoes. One such common overuse injury is Achilles tendonitis, an inflammation of the joint at the tendon that is most commonly experienced by runners (estimated to be 11% of all running injuries) but can be experienced by anyone who overuses the tendon due to work or other activity. Fortunately, while potentially quite inconvenient, this malady is also easily dealt with using home cures.



## Our Ankles are Amazingly-Engineered Joints.

The joints of our body in general are quite remarkable for what they do, and the simple but elegant way they execute complex physical tasks. Bones meet and are cushioned by cartilage, and tendons connect the bones to the muscles whose flexing and relaxing causes movement. This simple system allows the joint to bear and transfer weight smoothly, as in the case of the ankle or knee, or to lever another body part to where it should be, as in the case of the elbow, or even to close around an object, as the joints of our fingers do.

Our ankles in particular are able to do a lot of things, although all these boil down to the ankle's own basic function. Whether in terms of running, jumping, squatting, or climbing stairs, the ankle is involved in a critical way. This complicated hinge system has many moving parts that are the last point between our feet and the rest of our entire body – and the way that it can support up to 1.5 times our weight when walking and up to 8 times our weight when running is truly something.



## ANKLE PROBLEM CAUSES AND STATISTICS

There are many types of pain, and thus many causes as well. Reports estimate that there are around 25,000 Americans who suffer from ankle sprain each day. Ankle sprains account for about half of all sports injuries. Which means proper and accurate diagnosis is critical. Sad to note, about 40% of ankle sprains are misdiagnosed/poorly treated which leads to chronic ankle pain or even disability.

**Common Causes of ankle sprain** are sports involving a lot of running, pivoting and jumping. These sudden forceful movements cause many ankle sprains. Excess body weight can also be a cause of ankle problems. Risks factor for ankles include previous ankle injuries, type of sport and range of motion deficits.

**Common ankle sprains are a result of inversion of the ankle.** 41% of all sports related ankle injuries are from basketball. The rate of ankle injuries are about 3.85 per 1000 players, that's 3000 injuries in 10,000 players. Average time off court because of

ankle injuries are about 2.2 weeks. More than half of ankle injuries are a result of a bad landing of a foot in another player's foot causing it to invert inwards.



### WHAT IS AN ANKLE SPRAIN?

Simply put, a sprain is a stress injury that involves the tearing or overstretching of a muscle. The bone-connecting ligaments in the affected joint get injured when the joint gets twisted, usually past its standard range of motion. The ligament damage can be in the form of stretching, partial tearing, or complete tearing. In severe cases, bleeding can occur internally, which is what gives some sprains the characteristic black and blue coloration. Sprains typically occur due to overuse, joint stress, an imbalance in the opposing muscles, or accidents.

## BEST SPRAINED ANKLE REMEDIES

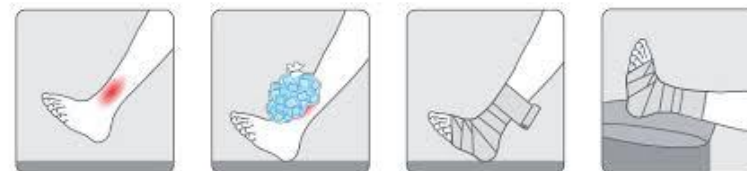
### THE R-I-C-E METHOD

The standard treatment for a sprain follows the usual logic for treating joint problems.

1. Rest – It's perfectly logical that a sprained ankle be given time off to heal. Keeping it from being used allows the internally damaged portion some time to knit itself back together, while it would be unable to do so if it were still in use. This can be tricky sometimes because we don't always have the option to completely cut movement out of our daily routines, but it will help to reduce our activity any way we can.
2. Ice – putting the sprained ankle on ice, so to speak, allows the cold to work its magic in two ways. First, the cold reduces the swelling as it allows the injured portions to contract instead of expand. Second, the cold numbs the affected nerves, allowing the pain to subside a bit. Don't keep the joint constantly

on ice, but make it a regular portion of the day.

3. Compression – keeping the sprained ankle wrapped with reasonable tightness that doesn't cause further pain is a good move. For one, it will keep swelling down; additionally, the layer of wrapping will keep the sprained ankle from getting banged up even more with ordinary movement.
4. Elevation – this has to do with reducing or slowing blood flow, which will help keep the sprained ankle from throbbing and getting more painful. It may also reduce the swelling somewhat. Combine elevation with rest for best results.





## HOME REMEDIES FOR ANKLE PROBLEMS

Another option is the tried-and-true home remedy. There are many home remedies for sprained ankles, just as there are for other injuries.

- Turmeric is a popular home remedy and pain reliever because of its anti-inflammatory properties. It works for other joint sprains too because of this. One way to use turmeric is by making a paste: mix one tablespoon of lime juice, two tablespoons of turmeric powder and a bit of warm water to make a thick paste.

This will be applied to the sprained ankle before wrapping it with a bandage. The bandage can be left on for 10 hours.

- Another turmeric application is as a drink: mix one teaspoon of turmeric powder with a glass of warm milk, and drink twice daily for one week.

- Garlic is another plant with good anti-inflammatory qualities. Thanks to these qualities, it's good for reducing pain as well. Garlic can be

mixed in with almond oil or warm coconut oil to form a salve that can be gently rubbed into the sprained ankle three or four times daily.

- Epsom salts are popular remedies for most sprains thanks to the way the magnesium sulfate crystals calm the nerves and soothe the pain. Dissolve one cup of Epsom salts in warm bathwater, and soak the sprained ankle for at least thirty minutes. This can be done twice daily for up to four days.



## STRENGTHENING & LOW IMPACT EXERCISE

### Why Low Impact Exercises?

Low impact exercises are best for people who are just starting with working out and those who have bad joints in their hips, knees or ankles. These types of exercises do not put much toll on the joints of your lower body but at the same time still give you ample exercise minutes and burn calories.

It is best for people who have had ankle injuries because low impact workouts are easier on the joints. These exercises can still give you the heart-pumping workout but reduces your chances of getting injuries. Plus, it also reduces the risk of cardiovascular disease.

Now let's divide the low impact exercises into 3 categories, the ones which you can do at home and the ones that you can do at the gym. If you have a gym membership, don't worry you can still use it by doing the low impact exercises suggested below. And of course low impact exercises which you can do outdoors.

### Low Impact Exercises at Home

- 1. Walking** – Spend about 15 to 20 minutes walking. Although you will most probably walk around the house, allotting a regular time to walk 3x a week or on a daily basis will let your body know that it is trying to get back into cardio after the injury.
- 2. Step Aerobics** – This can be done at home with just music and a step board. Follow a video on step aerobics for about 5-10 minutes and it sure is going to give you a good cardio workout without giving too much toll on your ankles.
- 3. Dancing** – There are different dances that you can do but the basic dance that is best for recuperating ankles is ballroom dancing
- 4. Strength Training** – There are different strength training exercises good for the ankles. Here's a quick guide to best strength training exercises for

the ankles. Just a couple of minutes every day is enough to start seeing results. Easy to do at home for example while you're watching tv.



## Low Impact Exercises at the Gym

**1. Elliptical (No to Treadmills)** – Treadmills are hard on the knees and the ankles. Elliptical machines are best for cardio exercises without injuring the ankles further. Most gyms have this machine. Spending 20 minutes can get you perspiring in no time.

**2. Stairmaster** – This is more exciting than the ordinary treadmill. If your gym doesn't have the Stairmaster, then you can just use real stairs at home instead.

**3. Rowing Machine** – Make your cardio routine more exciting with the rowing machine. This is an intense, more advance cardio workout without the impact on the ankle joint. It is a fun workout for the arms, legs and your core!

**4. Yoga** – One of the best exercises that require less impact on the ankle. Better yet, aerial yoga gives no impact on the ankle at all. Bikram yoga also will get you sweating in no time without injuring your ankles.



## Low Impact Exercises Outdoor

**1. Cycling** – If you think your ankle is ready to go outdoors for an exercise, cycling can be the most accessible cardio exercise instead of jogging. Jogging will take a toll on an injured ankle.

**2. Kayaking** – Take it to the water! Enjoy a more water fun activity with kayaking. This is a great exercise not just for the upper body but also a great exercise to keep yourself active during the weekends.

**3. Tai Chi** – This is a type of exercise which is very good for people who want to take things slow but still want to keep things moving. This exercise is a meditation in motion exercise that gives the ankle joints a break from heavy movement.

**4. Swimming** – Do laps and enjoy a hot day at the beach or at the pool. It strengthens the ankle along with the shoulders.



**\*\* A word of caution:** These exercises should be cleared with your doctor or physical therapist. Make sure to wear compression garments like the ankle sleeve from Sleeve Stars™ or other ankle supports to restrict ankle mobility. This is especially needed by injured ankles getting back to sports to avoid re-injury.

## Top Effective Ankle Strengthening Exercises

These first 3 exercises concentrate on Balance Training. Check next page to continue.

**1. One-leg stand** – Stand on one leg and hold for 30 seconds. Repeat thrice for each leg.

**2. Balance and Catch** – (To be done with a partner) Stand on one leg and throw a ball to your partner. Catch the ball thrown at you as well. Throw and catch the ball at different areas: low, high, left, right and mid. Do 3 sets of 30.

**3. Mini squats** - Do half a squat on one with the opposite leg out. Do 10 repetitions with the leg out and 10 repetitions with the leg behind you. Repeat thrice.



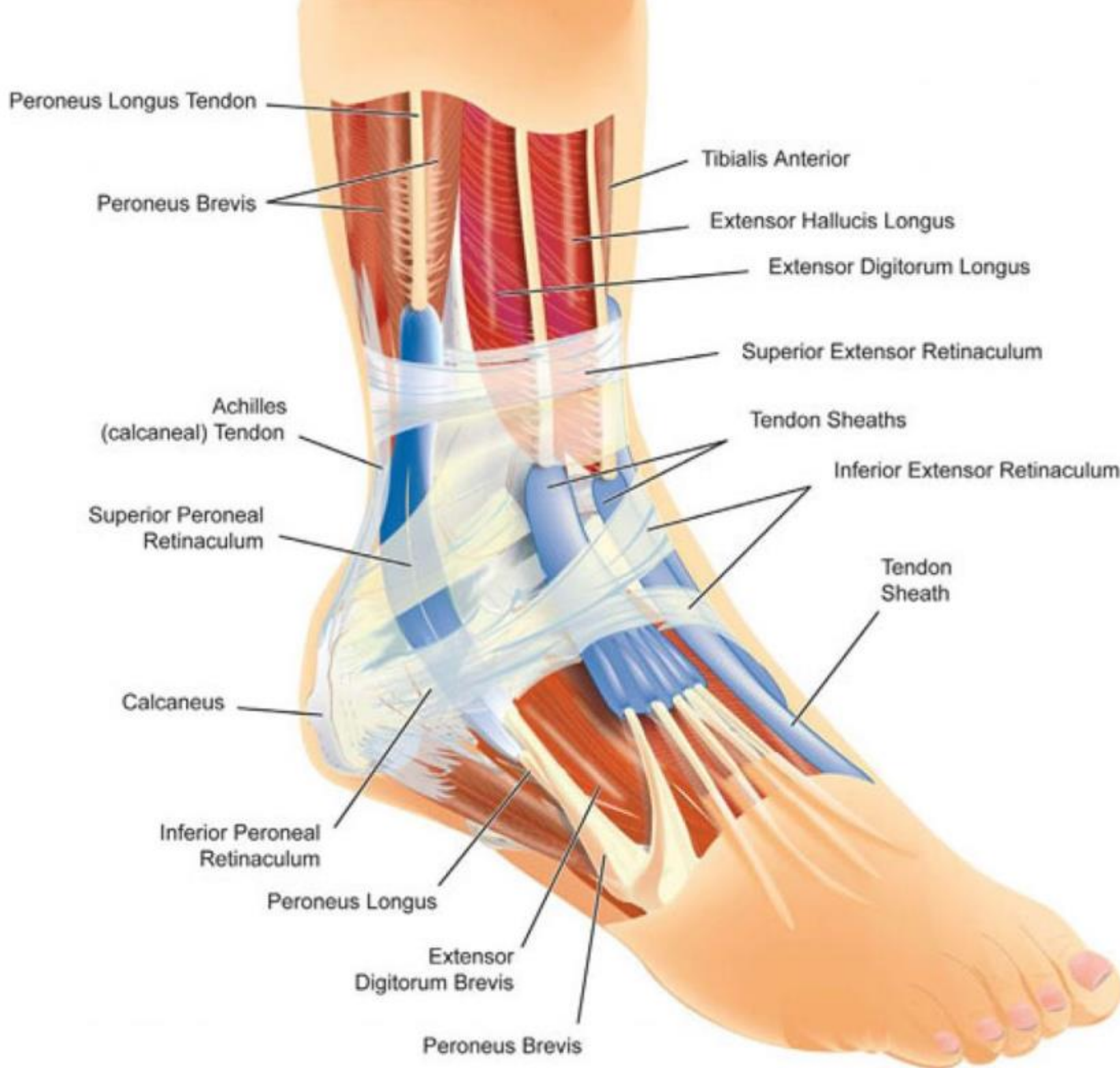
These 3 exercises involve the use of a thera-band. This is highly helpful to make the ankles strong. They can be purchased at your local medical supplies store.

**4. Inversion** – Place band around the top foot. Pull thera-band to achieve ample amount of tension. Curl ankle INWARDS. Do 3 sets of 20. Do the other foot.

**5. Eversion** – Place band around the top foot. Pull thera-band to achieve ample amount of tension. Curl ankle OUTWARDS. Do 3 sets of 20. Do the other foot.

**6. Dorsiflexion** – (to be done with partner) Place band around the top foot. Pull thera-band AWAY FROM YOU to achieve ample amount of tension. Curl ankle TOWARDS YOU. Do 3 sets of 20. Do the other foot.





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## TREATMENTS FOR ANKLE PAIN

One more currently-popular treatment is acupressure. This might not be for everyone, but if you are open to trying it, it might give you the relief you seek.

Also called shiatsu, acupressure is similar to acupuncture in that it operates on the belief that energy flows through our bodies in channels that can be manipulated. Acupressure tends to involve stretching or massage in order to access these channels. There are a number of common acupressure points, especially for ankle pain.

- One is located at the inner side of the ankle bone, more specifically in the large hollow next to the bone itself. Press this point for 30 seconds, release, then apply more pressure for 30 more seconds. Repeat for 8 minutes, and remember to breathe deeply as you do this.
- A second point is located at the “illuminated sea”, on the inner side of the ankle. Apply pressure 1 cm away from the ankle, and do this

simultaneously for both points. Results can be enhanced if this is done for 2 minutes daily.

- The “high mountains” acupressure point can help reduce ankle pain, and other types of pain besides, such as thigh and lower back pain. Find the part between your ankle bone and lower Achilles tendon, and place pressure on it with your thumb. Hold pressure for 30 seconds, then release; repeat for 5 minutes.
- One final acupressure point is nowhere near your ankle, and is in fact along your wrist line. Use your thumb to apply pressure to the middle of your wrist, holding it continuously for two minutes. Make sure not to press too hard.



## TAKING PRECAUTIONARY MEASURES

Do the necessary ankle stretching at least 30 minutes before the actual sport itself. That means that if you have a game at 8pm, you should be loosening your body joints, especially your knees and ankles 30 minutes before the game. This practice will prevent sprains and other forms of tears even if it seems inevitable.

- For active athletes who have been injured at least once (or for those who do not want to have a major ankle injury in the future)

Doctors advice that compression socks should be worn while heavy workout, or if you expect heavy activity in your sports. Wearing compression sleeves, muscles tapes, neoprene sleeves and the like will help in compressing the muscles around the ankle thereby making it less prone to injury.

- What's good about neoprene sleeves is that that can act as ankle support because of the restriction it gives to the muscles. The range of motion is

lessened thereby a great garment to be worn by athletes who have had major ankle problems and need an ankle support. What's good about compression sleeves is that it does not restrict the movement of the athlete. You still get the full range of motion in your ankle.

It is light on the skin and the compression it gives is not too tight to create a problem with the blood flow but instead create a better blood flow for injured ankles. It cannot be used as an ankle support though for ankles with major injuries. If you want to restrict the range of motion of your ankles, an ankle brace or ankle support is best to be worn during a heavy game.

- Cool down after every game. Just like a machine that has worked hard, it is best to cool down rather than stopping almost instantly. Cooling down by jogging or doing less strenuous physical activity gives a signal to your body that you are about to rest.

## WEARING COMPRESSION ANKLE SLEEVES

Compression sleeves are essentially compression socks which employ a technology that uses very tight fibers that combine to produce a restrictive effect on the wearer – resulting in a very close, snug fit. This has gained popularity not least because of its obvious aesthetic appeal, but there is more to it than that.



[Get Sleeve Stars Compression Foot Sleeve HERE](#)

This foot sleeve is the ultimate solution for stiff, weak, sprained or injured ankles. If you want to recover faster and minimize pain, discomfort or swelling, then Sleeve Stars™ foot compression is the best product for you. Sleeve Stars™ combines sport science and skin health benefits for improved mobility, performance and relief.

### Reasons to Wear Compression Sleeves

Why try these sleeves, then, aside from the fact that they look pretty sharp? Of course, there has to be a practical benefit to match the popularity – and here are four good reasons.

1. Protection. Wearing sleeves in general gives your ankles a snug and tight fit. The right amount of compression protects your ankle from injuries.
2. Warmth. As mentioned above, whether indoors or outdoors, keeping a good temperature equilibrium going is very helpful. Covering your ankles with compression sleeves can keep them



from being affected by cold air conditioning or outdoor weather.

3. Maximum Flexibility. These ankle compression sleeves give you more room for movement as compared to neoprene sleeves and other ankle wraps. The material makes the wearer able to move more rather than restrict ankle movement.

4. Swelling reduction. The most important benefit of compression sleeves is the simple fact that they can keep swelling down, reducing both inflammation and associated pain. Because the tightness of compression sleeves aids in promoting good circulation, the soreness of your ankle might also slowly wear off.

Compression sleeves don't guarantee sports superpowers or even a healing factor, but they can certainly be quite helpful when it comes to keeping an injured ankle from getting further injuries. Compared to standard wraps and tapes,

compression ankle sleeves function better and last longer. Below is some key benefits from Sleeve Stars™ ankle compression sleeve.

REDUCE SWELLING

ENHANCE CIRCULATION

SOOTHE ACHY FEET

RELIEVE VARICOSE VEIN SYMPTOMS

BOOST CIRCULATION





## CONCLUSION

### Let's Keep Our Ankles Strong

Why do we need to keep our ankle joint strong? When athletes jump, run, sprint or do a quick stop, it is our ankle joints that take much beating. The muscles, tendons and ligaments around our ankle undergo a lot of stress. An athlete can withstand the stress and avoid injuries if the ankle musculature is strong. Injuries can be avoided even if they seem to be inevitable with strong muscles around your ankle. Having strong ankles creates stronger lower legs which will help in preventing shin splints and Achilles tendonitis which are chronic pain conditions.

It is best to prioritize keeping our ankles healthy and strong at an early stage of your sports career to perform better as athletes.

### Control Your Moves With a Healthy Ankle

Another BIG reason why you should have your ankles in tip top shape is that you will be able to control your moves in sports. This is best felt by

people who play basketball, soccer, volleyball, running and biking. Controlling your every move springs from the ankles. A side step, a sudden sprint and a quick stop are essential moves to get ahead of your opponent in basketball and football. Having a healthy ankle will make you perform well as an athlete.



## ABOUT SLEEVE STARS

Welcome to Sleeve Stars™! We are Christoffer and Alexandra Burman, brother and sister from Sweden who've been blessed to help thousands of people in USA, Canada and Europe with accelerating recovery and reducing muscle, joint and tendon inflammation in their foots, knees and elbows.

The difference in Sleeve Stars™ starts with our commitment- both toward our valued customers, and toward design and develop innovative products that allows you to be more active and perform better. We focus on creating a line of effective and unique compression garments intended to assist the body in avoiding injuries, speeding the healing process and enhancing performance under any stress or circumstance.

We also have expert partners in leading industries that help us engineer products that are comfortable, compressive, breathable and most

importantly, designed to help you perform at your best.

As founders of the popular Sleeve Stars™ brand of medical and performance products, we're proud of the progress we've made and the bright future ahead. In the end, however, we realize it's our customers who are really at the heart of our success.

That's why we're #1 customer focused and will do whatever it takes to make your experience a positive one!



**For more FREE resources on joint pain and injuries, see our eBook library:**

<https://sleevestars.com/ebook>

**You can also visit our blog on promoting joint health:**

- <https://sleevestars.com/blog>

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