

FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

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Acute/Chronic Ankle Sprain

Ankle sprains are the most common of all sports related lower extremity injuries. Ankle sprains are a result of injury to the ligaments that support the ankle. They most often occur after a twisting injury. After an ankle sprain, most patients feel unstable afterwards. This feeling may result from loss of reflexes or from an actual tear of the ankle ligaments. An MRI is often necessary to tell the difference. At the Foot & Ankle Center of Frisco we have an MRI and X-ray on site for rapid diagnosis and same day imaging. Patients who suffer from chronic ankle instability feel like their ankle is unstable especially when walking on uneven surfaces often times spraining their ankle on multiple occasions.

Until recently, surgical intervention involved using small anchors to repair the native ligament. However, studies show that nearly 50% of these patients never return to their original level of activity. Historically, other surgical interventions involved sacrificing a patient's tendon to support the reconstruction. The Foot & Ankle Center of Frisco uses a revolutionary new system that uses absorbable anchors and non-absorbable suture tape to recreate the lateral ankle ligaments. This system provides a stronger repair and avoids sacrificing the patient's own tendon or having to use cadaver ligaments. This construct is stronger than the native ligament allowing patients to return to their pre-injury level of activity.

This procedure allows for a quick recovery with patients often walking 3-4 weeks after surgery. The surgeons at the Foot & Ankle Center of Frisco have perfected this procedure performing more of these procedures than any other foot & ankle surgeon in the area.

If you suffer from acute or chronic ankle sprains or feel your ankle is unstable, request a surgical consultation at the Foot & Ankle Center of Frisco to evaluate your problem. We consider ankle sprains to be emergencies with same day appointments available.

