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Taping & Strapping -

Grade 2 Ligament Sprain (Ankle) and treatment: -

I begun treatment the day I sprained my ankle with R.I.C.E therapy. Picture below was taken less than 24 hours after the incident: -



RICE provided pain relief and a slight reduction in swelling. The same day I took this picture I bought a £3 strap from a sports shop and started wearing immediately for short periods of time. Due to the swelling I received a large amount of discomfort and poor range of movement.

Within two days of wearing the strap periodically my swelling reduced a huge amount, reducing my pain and increasing my range of movement (ROM). I was able to cycle to keep up my fitness. The picture below was taken is 5 days after I took the first.



11 days after this sprain I ran 10km with no pain, 28 days after I managed to complete the London West Tough Mudder (though not without aches, pains and many bruises☺)

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Taping & Strapping Myths: -

The theory is to generally use strapping to support an injury to prevent further injury. The theory is this strapping is generally effective for about 3 minutes and the remainder is effective as a mental placebo.

If this strapping for the majority of an activity is only a placebo you do have to question whether more damage is being caused, plus said to weaken the surrounding muscles.

I used strapping not for support but in this case as compression. Until the swelling had been reduced by a huge % it would prevent rehabilitation on the injury.

Within 5 days I was able to begin mobilising and strengthening my ankle joint with a minimal amount of muscle wastage. Single legged balance on an uneven surface for seconds increasing the time and calf raises are two effective exercises 3 sets 2-3 times a day (use something stable to hold on to initially to aid balance and stability). I stopped using the strapping asap to avoid the physical and mental reliance on the strap.

At day 12 I begin breaking down any local fibrous tears with Sport Therapy techniques, speeding up my recovery back to optimum fitness and reducing my chance of a sprain in the future.

Please don't forget every injury, its occurrence and path to optimum health is unique.

Regards Andrew Buller - Sport Massage Therapist

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