

Case report: Sprained ligaments in the ankle

Patient: *24-year-old student and gymnast had injured her ankle a month earlier while dismounting from a jump during a competition. Normal first aid was given after the incident which had forced her to end her performance. X-rays showed no sign of fracture, but the ankle had swollen heavily and the patient was using crutches. Putting weight on the foot caused pain.*

Methods: A few days after the injury, the patient travelled abroad and brought medical compression stockings and crutches with her. The patient was also wearing a light support in her ankle, but the swelling and pain continued. Upon return, the patient was treated in three consecutive days with lymphatic drainage and compression bandages. At the first 60 min session, cervical, inguinal and popliteal lymph nodes as well as the entire lower limbs were treated manually, and at the end of the session the LymphaTouch was applied on the left ankle. Continuous treatment mode was used, and the mouthpiece was moved towards the receiving lymph nodes. After the treatment, compression bandaging was applied.

The second session lasted 50 minutes, and the manual part was similar but shorter than the first time. More time was spent on applying the LymphaTouch, and compression bandaging was again applied. The third treatment was similar to the first two, but only lasted 40 minutes.

Results: After the second treatment the swelling around and below the malleoli was visibly reduced, and after the third treatment it was nearly entirely gone. As a follow-up treatment, the therapist, who is also a sports physiotherapist and a coach, suggested balance training, and strengthening and stabilizing the muscles and the ligaments in the ankle.