

## Patient case: A young athlete's sprained ankle

Patient: Approximately 30-year-old male

Treatment description: The ankle that had sprained a couple of days earlier in the middle of a floorball game was treated for 20 min.

Treatment result: The swelling that had made walking unnatural was reduced, and the patient could walk normally after the treatment. The bruise moved from the place it used to be and the compression pain was significantly reduced. The swelling was reduced especially in the foot area.



On the left a photo before the treatment, on the right a photo after the treatment.

The photo below shows how the bruise has moved and "fractured" and the swelling has reduced in the toe's root.

