

Decoding ankle injury terms

SOT

Dr. Marc Leonard
OSF HealthCare podiatrist

"Maybe it's a basketball player who twists their ankle. It gets a little swollen and bruised. We're able to treat that conservatively with the acronym RICE. Rest, ice, compression and elevation." (:12)

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"If there are breaks in multiple bones and we consider it an unstable ankle, then we would fix it surgically. The process is surgery, then maybe physical therapy and perhaps a brace." (:16)

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"We would advise them to be non-weight bearing. They would use crutches until they can get an X-ray. Then we can decide whether protecting the ankle, physical therapy or surgery may be appropriate."

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"Play with a purpose. Be intentional. And hope for the best." (:06)