



### Ankle Pain

Pain from ankle strains and sprains are a common problem. They can HURT! They can take a long time to heal. You've probably heard something like, "You'd be better off if you had broken it." SLM treatments can cut that healing time by as much as 50% and take a lot of the pain away during the healing process.

There are as many ways of causing ankle pain as there are ligaments, tendons and muscles that move this multi jointed structure around when performing a variety of movements. The old R.I.C.E treatment (Rest, Ice, Compression and Elevation) for this injury is outdated. (I'm going to catch heck from the medical community for saying that)

**First aid:** Ice right away for no more than 20 minutes. You can do this while you are on the way to see me. If you don't see me, follow the outdated RICE treatment. You can then sit back and watch it swell up, turn black and blue and HURT!

The good news? SLM treatment for pain caused by an ankle strain or sprain is VERY effective. As long as you haven't broken a bone or tore a ligament or tendon, most strains and sprains can be healed relatively quickly, especially if SLM treatments are administered right after the injury.

If there are torn tendons, ligaments or broken bones, SLM treatments will maximize blood flow to the damaged area helping it heal more quickly. If you've ever had an ankle injury ( been there, done that) and you can remember the pain and the crutches and/or the walking cast/boot, you may remember other areas of your body that became sore. Your entire body compensates for the bad ankle. Some muscles far removed from the ankle become overworked and can't do their normal job effectively.

If you've had an SLM treatment, you know that I always address all the major muscles in your body, no matter what you say hurts. SLM finds those overworked muscles that are compensating for the injury and helps revive them so they can continue to compensate and still do their normal job. If you don't

address these compensating muscles, other muscles will eventually jump in to help compensate for the original compensating muscles and so on and so forth. That's what happened to Michelle.

Michelle came to me after limping around for over 8 weeks with a strained ankle. She had a sore calf, hip pain, sore shoulder and a neck problem that all manifested themselves over the past eight weeks. After 3 SLM treatments over as many weeks, she was back to normal. Too bad she didn't see me sooner. The healing time might very well have been cut in half!

Rachel came to see me with an old sprained ankle that was not getting better. Two SLM treatments and she went on a family vacation hiking in the Rocky Mountains. She was a happy camper:-)

Next week's problem pain will be hamstring injuries.