

*Dr. Cal D. Baize*  
**Step Ahead Foot & Ankle Clinic**

**Sprain or Strains**

A foot sprain is an injury that causes a stretch or tear in one or more ligaments in the foot. Ligaments are strong bands of tissue that connect bones to bones. A sprain can also include tendons, which connect muscle to bone. A foot sprain occurs by twisting or bending the foot. This can happen if you stumble on an uneven surface, land awkwardly from a jump, or from kicking an object that doesn't move easily. The length of recovery depends on many factors such as your age, health, and if you have had a previous foot injury. Recovery time also depends on the severity of the sprain. A mild foot sprain may recover within a few weeks, where as a severe foot sprain may take 6 weeks or longer to recover. Recurring and mechanical injuries in the foot are difficult to heal unless completely immobilized. When you return to normal weight-bearing the injury can once again become problematic. These can be difficult to resolve in the foot since many times the sprain or strain is related to function and we seldom give our feet a rest from the mechanical issues of weight bearing. There are a lot of treatment that are successful, i.e. cortisone both oral and injectable along with physical therapy, rest ice compression and anti-inflammatory drugs and pain medications