

Sprained Ankles & Sciatica; A Chiropractic Approach
Dr. David Wolf

Sprained ankles are the most common sports injury and they can become one of the most complicated injury if not correctly treated and rehabilitated. Chiropractic Doctors are the best health care providers to see regarding the prevention of ankle sprains and their effects because they deal with fixing the biomechanical damage that occurs. There are 26 bones in each foot and when you land wrong (as seen in the picture) you put all your weight on those bones and ligaments that are out of position. Then the ligaments are stretched, and in a lot of cases, they are torn. Ligaments are what keep the bones in place. When you stretch or tear these ligaments the bones move out of place. These are what chiropractors call subluxations. The picture shows how the downward force of the body causes the heel bone in the foot to ride up in to the bones of the shin. When this happens, a whole domino effect occurs that can lead to a variety of pain symptoms including low back pain. The heel bone separates the two shin bones causing the tibia (the bottom bone in the knee) to externally rotate. The femur (thigh bone) then has to internally rotate. This puts a lot of stress on the knee joint. The hip then has to rotate backwards to compensate for the femur and this can cause low back pain and more specifically “sciatica”. When the hip is out of alignment this can cause any area of the spinal column to become “subluxated”. All of these bones can be put back in to their place by your Doctor of Chiropractic. This is called an adjustment. An adjustment can be performed on any joint in the body. Adjustments correct the biomechanical abnormalities caused by a sprained ankle and thus prevents the conditions listed below.



Dr. Wolf practices with his wife Dr. Kelly Wolf in Delafield near the intersection of Hwy 83 and 94. To contact him for a complementary consultation about any type of pain in the body call 262-646-3224.

A Simple Sprained Ankle has the potential to cause:

Foot Pain

- Bunions
- Plantar Fascitis
- Bone spurs
- Cartilage wear
- Low Back Pain
- Mid Back Pain
- Neck Pain
- Hip Pain
- Sciatica

Knee Pain

- Shin splints
- Osgood Schlotter's
- Cartilage wear
- Weaker ACL, MCL
- Leg Pain
- IT Band pain
- Weaker hamstrings

