

Sports Podiatry Roseville Sydney CBD On Feet Injury Foot Pain Ankle Sprains Toes

[Who should you consult first for an ankle sprain - a GP, Physiotherapist or Podiatrist?](#)

Who should you consult first for an ankle sprain - a GP, Physiotherapist or Podiatrist?

A sprained ankle is a common injury that many people will suffer from at some time in their lives. An unexpected movement can cause the foot to suddenly twist, forcing the ankle joint out of its normal position, and stretching or even tearing the ligaments around the ankle.

People will often consult their GP or a physiotherapist as their first point of contact when they suffer an ankle sprain or injury. But a GP or physiotherapist may not always have enough experience and the specialised knowledge to effectively determine the extent of the injury and prescribe appropriate treatment to help you get relief from pain and provide a long-term rehabilitation plan to restore the ankle strength and movement.

RELATED ARTICLE: [Leading Sydney CBD and North Shore Sports Podiatrist New Toe Nail Bracing Treatment for Ingrown Toenails Eliminates Need for Surgery](#)

A delay in the correct treatment often means prolonging the recovery time, with the added risk of long term damage to the ankle. This can negatively impact daily physical activity, lead to an inability to take part in sports activities and result in lingering or recurring pain that can last for years. An incorrectly treated ankle sprain can even lead to the early onset of arthritis in the ankle.

Mark Lin, the Principal Sports Podiatrist and Director for Footwork Podiatry, comments, "It's really important to get the right diagnosis from the start in order to avoid long term damage. Seeing a sports podiatrist will ensure that you get the best rehabilitative treatment, to eliminate pain, restore full movement and function, and reactivate the muscles to support the ankle. Our specialised techniques will address any joint displacement and realign the ankle joint, facilitating a full and speedy recovery and prevent a recurrence.

With timely treatment, our patients are usually able to get back to their usual level of daily movement including sports activity in the shortest possible time. In many cases, our treatment will not only restore optimal function but actually make the ankle stronger and more stable than before the injury. This is because we also address any pre-existing biomechanical issues during the treatment of the injury."

RELATED ARTICLE: [North Shore Sydney CBD Foot Podiatrist Says Kinesiology Sports Tape Might Help Prevent Injuries and Reduce Inflammation Pain](#)

Footwork Podiatry will not only assess and treat your symptoms, but they will also perform a measurable and functional assessment to determine whether you are at risk of other pain and injuries. Their latest evidence-based assessment system allows them to collect meaningful data that converts to an accurate treatment plan as well as determine when you can get back to playing sports safely.

"We believe the body has an incredible capacity to heal itself from injuries. Our range of revolutionary, evidence-based treatment modalities, advanced manual therapies, alternative solutions and unique hands-on treatment techniques work to stimulate the body's own healing response. Using Foot mobilisation, Trigenics, low-level laser therapy, and corrective exercises, we offer the most effective treatment to treat a sprained ankle," says Lin.

The team at Footwork Podiatry undertake regular in-house training and ongoing professional development in order to stay at the forefront of musculoskeletal skills. This ensures that their customers receive the most up-to-date and evidence-based clinical assessment and treatment.

Footwork Podiatry is situated in Roseville on Sydney's North Shore and Sydney CBD. They are dedicated to improving the quality of life and achieving people's optimal well-being. Visit the Sports and Podiatrist Clinic to book online, or call Mark Lin or Wei Lee and their friendly team on +61 2 9416 7889 to get the best treatment advice for a sprained ankle and any other foot and leg injuries or conditions.

The information contained in this guide is provided in good faith and is not intended to be nor is it to be used as a substitute for any sort of professional, medical or podiatric advice. An accurate diagnosis can only be made following personal consultation with a podiatrist. Any users should always seek the advice of their podiatrist, or other qualified healthcare providers before commencing any treatment.

Syndicated by Baxton Media, the Market Influencers.