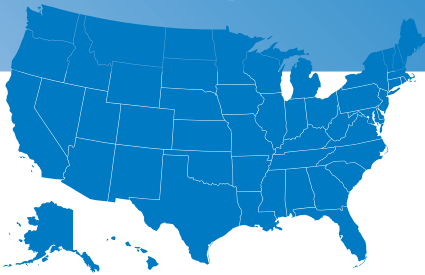
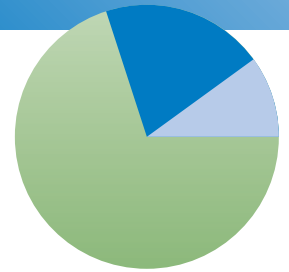


Five Things to Know About **ANKLE INJURIES**

28,000 ankle injuries occur in U.S.
each day.



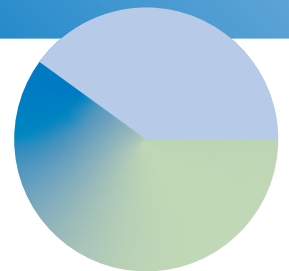
10-30% of all athletic
injuries are ankle sprains.



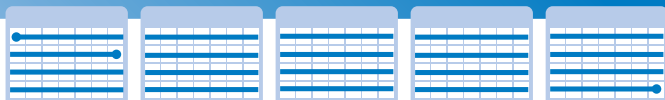
Volleyball, football, basketball, soccer, and cheerleading have the highest percentage of ankle sprains.



More than **40%** of ankle
sprains are recurrent and can
lead to chronic ankle instability
and ankle osteoarthritis.



Ankle sprains can take upwards
of **2** to **20** weeks to heal.



The Orthopaedic Institute at St. Elizabeth: A partnership between St. Elizabeth Healthcare, St. Elizabeth Physicians and OrthoCincy Orthopaedics & Sports Medicine.

Infographic provided by The Orthopaedic Institute at St. Elizabeth. Source: The National Athletic Trainers' Association.