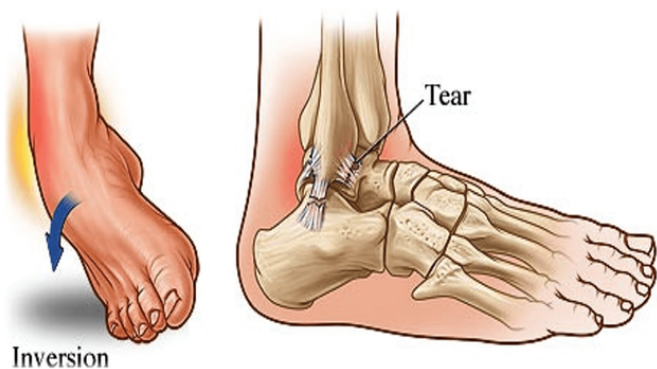


# Ankle Inversion Injury (Ankle Sprain)

**Pain and instability to the outside of the ankle**

An ankle inversion injury occurs when the foot rolls inward beyond its normal range of motion. This can stretch or damage structures on the outer side of the ankle, including the ligaments, tendons, muscles, nerves and joints.

These injuries are common in individuals with high arches and with physical activity.



Treatment focuses on supporting the outer edge of the foot to prevent the ankle from rolling inward. This helps reduce strain on the lateral ankle structures (ligaments, tendons, muscles, nerves and joints).

Custom orthotics with a lateral wedge provide targeted support.