

ASK THE EXPERT



ANKLE EXPERT

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Pine Creek Medical Center

ABOUT THE EXPERT

Dr. Straus is a board-certified orthopaedic surgeon. He completed his foot and ankle/sports fellowship at the Foundation for Orthopaedic, Athletic, and Reconstructive Research with Dr. Thomas O. Clanton in Houston. Dr. Straus continues to pursue the latest advancements in orthopaedic technology, including ankle replacement and ligament reconstruction. Dr. Straus has been involved in the care of professional athletes with the Houston Rockets and Dallas Mavericks. He is fluent in Spanish and is a member of the American Academy of Orthopaedic Surgeons and the American Orthopaedic Foot and Ankle Society.

What is an ankle sprain?

An ankle sprain is an incident where the ankle suddenly twists or turns, causing immediate pain. Some sprains are mild, and the pain resolves quickly. Others are more severe and will result in prolonged pain, limping, and swelling.

But is it completely torn...in half?

A Grade 1 injury is a simple over-stretch of the ligament with minimal damage to the ligament itself. Grade 2 injuries involve tearing of some, but not all of the ligament's fibers. A Grade 3 sprain is the most severe and involves a complete tear, or rupture, of the ligament.

When do I need to see an orthopaedic surgeon?

Any sprain associated with noticeable swelling, bruising, or difficulty putting weight on the leg should be evaluated by your physician. X-rays are usually obtained to ensure that there is no fracture. The injury can be graded and information provided regarding an estimated time to recovery.

What can I expect as far as treatment?

Management of ankle sprains is based on the grade or severity of the sprain and any associated injuries. Most physicians familiar with sports medicine will divide the treatment into specific phases. Phase 1 is directed toward reducing swelling, protecting the injured ligaments, and beginning weight-bearing activities. Ice, compression, and elevation are very important initial measures. Once swelling is down and you are walking without pain, Phase 2 begins. This involves regaining range of motion of the ankle and restoring strength. Phase 3 is often omitted by patients and involves regaining the position sense of the ankle. Exercises, such as single-leg balance, are important in this regard. Patients who continue to have instability after a sprain usually have not regained this vital function.

I had a bad sprain two months ago, and it still hurts and swells. Is this typical?

No, this is not expected behavior for a sprain. At this point, I definitely recommend evaluation by your orthopaedic surgeon if this has not already been done. The workup will include a detailed physical exam and X-rays. An MRI may be indicated at this point if there is suspicion for other injuries.

Should I require ankle surgery, what is the advantage of choosing a surgeon with privileges at Pine Creek Medical Center?

Pine Creek Medical Center is known as a premier destination for all types of orthopedic surgery. Pine Creek is a private, state-of-the-art, physician-owned-and-operated hospital serving more than six million people. Pine Creek's surgeons are among the most highly ranked physicians in Dallas-Fort Worth and share a mission to provide each patient with the utmost care and compassion, along with the latest medical treatments and technology.

The hospital includes fully digital, integrated, and completely wireless operating rooms. High-definition video equipment, advanced microscopes, and precision instruments facilitate minimally invasive procedures resulting in less pain, shorter overnight hospital stays, reduced scarring, and faster healing time for most patients. Comfortable rooms, chef-prepared meals, and concierge-style service for patients are among the many perks patients and their families enjoy at Pine Creek. In fact, Pine Creek was ranked above average on all 10 publicly reported patient satisfaction questions. Pine Creek is accredited by both The Joint Commission and the International Board of Medicine and Surgery.



Pine Creek Medical Center is committed to delivering the finest quality, compassionate care, while answering the personalized needs of patients and their families. The commitment hasn't gone unnoticed, as Pine Creek was ranked above average on all 10 publicly reported patient satisfaction questions. This state-of-the-art hospital is preferred by patients for the expert, personalized care they receive and for superb service they experience. Pine Creek's surgical staff comprised of some of the most highly-ranked physicians in Dallas-Fort Worth, many listed among *D Magazine's* Best Doctors in Dallas.

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Dr. Brian Straus is fellowship-trained in all aspects of foot and ankle surgery including minimally invasive techniques, sports injuries, and reconstructive surgery. A member of many national medical organizations, Dr. Straus has been involved in the care of professional sports teams such as the Houston Rockets and Dallas Mavericks.



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