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## **Transcript**

### **Ankle Sprains: Pain Free Doesn't Mean Normal**

#### **Pain-free doesn't mean normal**

“Pain free does not mean normal. Just because it doesn't hurt doesn't mean that the tissue is back to its ability as far as stabilizing, protecting, the strength and everything else. We found that after injuries there are a lot of things that get disrupted in the system of stability so unless we train those back with some time it doesn't get back in, then we're at risk for recurrent injury or repeat injury.”

#### **Lasting effect**

“There is an effect after an ankle sprain that's lasting on the muscle and on the balance system, the stability system.”

#### **Best brace is your muscle**

“We always like to say the best brace you can give yourself is your muscle brace. But if the muscles aren't working together well, then it's not going to have as good a bracing effect.”

#### **Train for strength separately**

“If you are aerobically fit, it doesn't mean necessarily you're stable. If you're flexible, it doesn't mean you're stable. If you're strong, it doesn't mean you're stable, so we train stability separately.”