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Common Causes and Preventing of Ankle Pain by [RamosMarcus](#)

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The ankle is not a part of the human anatomy that we humans pay much attention to, unless of course, we are faced with a bout of ankle pain. The ankle is a crucial part of the body, the joint where the foot and leg meet and a delicate structure of muscles, ligaments and tendons. While the ankle joint bears a large amount of weight, it can be highly prone to injury and pain. Ankle pain can be brought on by a variety of factors and generally involves discomfort in one or both ankles.

Most people who are suddenly faced with ankle pain are taken by surprise. Unaware of the common causes of ankle pain, they are unsure of the nature of treatment they must undergo to fight the ankle pain. The commonest reason for ankle pain is an ankle sprain. A sprain in the ankles is usually caused by some damage to the ligaments which connect the bones to one another. Mostly, ankle pain is brought about by ankles twisting inward, causing the ligaments to tear slightly. The tearing in turn causes the ligaments to swell and bruise, making it hard for the ankle to bear weight.

Sprained ankles are not, however, the only cause of ankle pain. In some cases, ankle pain can be brought on by damage to the tendons, some infection in the ankle joint itself, or even osteoarthritis, gout, or other types of arthritis.

In some cases, injuries to areas near the ankle can lead to pain in the ankle itself. These can include heel pain, nerve injuries and blocked blood vessels in the leg itself.

While it is true that mild ankle pain can be easily treated at home; it can take a long time to heal, bringing about excruciating pain and discomfort.

For most people, knowing when to contact a medical professional for ankle pain is by far the trickiest thing when attacked by ankle pain. However, if the pain or the swelling does not go down even after a couple of days, or if some part of the ankle bone appears to be broken, or there are signs of infection, it is best to schedule a hospital visit.

Preventing ankle pain is a thing that most people never even think of, but is fairly simple to achieve. First, for the benefit of the ankle joint, and in fact, all joints, keep body weight to a healthy number. Extra weight sits heavy on all of your bones and joints. Exercise regularly, but make sure you warm up before the exercise. This helps stretch the muscles and tendons that support the ankle and keep ankle injury and ankle pain away. Wear comfortable shoes, and stay away from high-heeled shoes that may result in injury. Most of all protect your ankles with supporting braces, air casts bandages or lace-up ankle supports during workouts.

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