

iPhone App for people with an ankle sprain

The Ankle Sprain App provides instructions on what to do to get your sprained ankle functioning normally again. Illustrative images and instructive text guides you through the process of treating your ankle sprain, from acute care and using a variety of six stabilizing taping techniques to 20 rehabilitation exercises to speed up the recovery. The Swedish Physiotherapists Torsten Larsson and Annica Näsmark, together with chiropractor Tommy Eriksson, have combined their skills and experience in this field. Ankle Sprain has been produced by Bodynfo, a company that has previously produced stretching and core stability illustrations as well as patient information within the fields of sports injuries and lumbar- and neck pain.

The App Ankle Sprain includes the following:

- information about the actual injury
- instructions concerning acute care, including binding with pressure bandages/compression bandages,
- 20 rehabilitation exercises, gradually increasing in difficulty,
- three techniques employing kinesiology taping, suitable for use on an ankle sprain,
- three techniques using conventional sports tape,
- practical advice on returning to sport/exercise.

For more detailed information on the Ankle Sprain App, visit www.bodyapp.eu

Cooperation with experts

To ensure that the message to be conveyed is of as high a quality as possible, Bodynfo has produced images and text with the aid of two of Sweden's most skilled and experienced individuals within this field – physiotherapist Annica Näsmark and chiropractor Tommy Eriksson.

Annica has many years' experience from working with the Swedish women's national football team. She is a member of the Swedish Football Association's Medical Committee and is one of those responsible for the Football Association's Knee Control project. Annica has also spent many years practising as a private physiotherapist, focusing on sports injuries.

Tommy (TommyTape) has previously worked with Sweden's national football and ski teams and is the 2010 Davis Cup team's chiropractor. Tommy has also been closely involved with the Swedish national athletics team for the past 25 years and has long helped to train physiotherapists, chiropractors and coaches, etc. in the art of sports taping.

Link to Ankle Sprain at the App Store:

This iPhone application **costs \$2;** and it can be downloaded from the App Store to your iPhone: <http://itunes.apple.com/us/app/ankle-sprain/id381513860?mt=8>

This material will also become available as a practical A6 booklet sometimes late 2010. Please check our website www.bodyapp.eu for more information.

The images and text provided on www.bodyapp.eu under "Media" are free for publication

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