

Sprained ankles during youth provide inspiration for iPhone App

In July, the company Bodynfo launched an iPhone App called Ankle Sprain, which describes how best to treat a sprained ankle. Illustrative images and instructive text describe the best approach to take in terms of acute care, using different taping techniques and 20 rehabilitation exercises, in order to facilitate a quicker recovery to enable your foot to work normally again. Torsten Larsson, a Swedish physiotherapist and the driving force behind this project, often sprained his ankles during his youth, but despite seeking medical attention, he never received any advice or instructions on how to avoid repeated sprains in the future. This was a major motivating factor in Torsten eventually deciding to train as a physiotherapist. He is now making his knowledge of treating sprained ankles available worldwide via this iPhone App, with the help of two of Sweden's leading experts in the field – physiotherapist Annica Näsmark and chiropractor Tommy Eriksson.

Application content

Downloading the full version of the iPhone Ankle Sprain App provides access to:

- information about the actual injury, as well as 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 information on the Ankle Sprain App, visit www.bodyapp.eu

The acquisition of knowledge

In his professional career, Torsten has worked extensively with sports injuries and, of course, sprained ankles. Through training, courses and work within this field, he has learned a great deal about how best to treat a sprained ankle. Everything from correct treatment during the acute phase to suitable rehabilitation exercises to ensure a normally functioning foot and taping techniques that help to reduce the risk of repeated sprains.

iPhone application

Torsten's initial contact with an iPhone application sparked an immediate desire to investigate whether this could be a tool for making information about treating an ankle sprain available to a worldwide audience. Experience and research show that, with an ankle sprain, nine out of ten injuries can be rehabilitated with specific exercises, provided these are performed regularly over a prolonged period. In order to prevent repeated injury, taping or an ankle support must be used during rehabilitation. Taking the right action to reduce bleeding/swelling during the acute phase is also an important factor in the person being able to return to exercise/sport quickly.

Cooperation with experts

To ensure that the message to be conveyed is of as high a quality as possible, Torsten 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 also a member of the Swedish Football Association's Medical Committee and is

one of those responsible for the Football Association's Knee Control project. She has also spent many years practising as a private physiotherapist, focusing on sports injuries. Tommy Eriksson (Tommy Tape) 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.

Informative illustrations

Torsten, through his company Bodynfo, has spent the last 10 years developing instructional material on stretching, core stability training and various forms of patient information material. He has been assisted in this work by renowned and skilled illustrator Bertil Nordström. Bertil's highly educational illustrations have contributed significantly to making the Ankle Sprain material instructive for the recipient.

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

Kind regards,
Torsten Larsson
Bodynfo

E-mail: torsten@bodynfo.se
Mobile: +46 (0)70 – 33 46 366