

## Case # 3249: Ankle Pain

A runner entered the office reporting chronic pain that had been bothering him for over two years. He reported that he originally sprained his ankle and had traditional treatment including ice and stim. He reported that it never really fully recovered and has sprained it three times after that. He ended up having surgery to correct the problem.

The surgery failed and he lived with constant pain. He reported that if he walked or rode a bike for more than 30 minutes he had a difficult time walking the next day.

The pain grew worse so the patient's doctor decided that the patient needed a 'TENS' unit inserted into his thigh to control the pain. A TENS unit is a small electrical unit that blocks pain on a temporary basis. The patient was to control this unit with an external remote control.

The patient was treated with MyoFascial Disruption Technique (MFDT) to the shin area, ankle, foot, and calve.

The patient was treated in the Conway Clinic, and in about 6 visits he was able to do many things that he hasn't been able to in years. In fact, he began testing riding the bike and was able to ride for 20 to 30 minutes without any pain the next day.

After some specific rehabilitation to strengthen the ankle, he was able to return to running on a daily basis without pain.