



Utilization of SportsWrap™ by PolyMem® in the Treatment of Ankle Sprains

Brian Humphrey, MS, LAT, ATC. Kenyon College Athletics, Gambier, OH

HISTORY:

A male collegiate intramural basketball player received a second-degree eversion ankle sprain to the right ankle on Jan. 27, 2006. The athlete did not report for medical care until the third day, post-injury. He was examined and treated by a certified athletic trainer. Range of motion remained limited, and moderate edema and severe discoloration were present. The athlete experienced significant, moderate pain with tenderness upon application of slight pressure to the affected area. Initial treatment included cold therapy, rehabilitation, and application of a SportsWrap by PolyMem dressing, cut in horseshoe fashion. On the following two days, the athlete reported minimally diminished pain levels, but the presence of edema and ecchymosis (bruising) appeared to be significantly diminished where the polymeric dressing was applied. Within four days, edema was reduced from moderate to mild and the ecchymosis appeared more severe in areas surrounding the horseshoe wrap; areas underneath the polymeric membrane wrap appeared to have significant reductions in edema and ecchymosis. On the eighth day post-treatment, edema and pain were downgraded to mild, and ecchymosis was downgraded to moderate. By Day 9, with continued use of the SportsWrap, the athlete's pain, ecchymosis, and edema were all reduced to mild.

Ankle sprains are one of the most common injuries seen by athletic trainers; however, it is unusual to see pain, edema, and severe ecchymosis reduced in such dramatic fashion. The horseshoe-shaped polymeric membrane dressing provided clearly defined reductions in both edema and ecchymosis.

CONCLUSION:

In this case, edema, severe ecchymosis, and pain were reduced to mild within 9 days of treatment. It is important to note that initial treatment was delayed in this case, leading to a more lengthy recovery. Both the athlete and trainer attributed resolution of pain, edema and ecchymosis, once treatment began, to continued treatment with SportsWrap.



Feb. 1, 2006



Feb. 4, 2006



Feb. 8, 2006

*Note areas, as indicated by arrows, wrapped in horseshoe fashion with SportsWrap by PolyMem. Ecchymosis appears drastically diminished.

