

# TREATMENT OF CHRONIC ANKLE SPRAINS

## A. CONSERVATIVE TREATMENT

- OTC Ankle Brace
- Orthotics
- Custom Ankle Brace
- High top shoe / sneakers

## B. SURGICAL REPAIR

- Same day procedure to repair torn ankle ligaments and tighten an unstable ankle



**Family Foot & Ankle Specialists**  
12 Wills Way, Piscataway, NJ 08854 732-968-3833  
349 Route 206 STE J, Hillsborough, NJ 908-874-8030  
[www.stopfootpainfast.com](http://www.stopfootpainfast.com)



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