



Align Health Collective Offers Efficient Treatment for Sprained Ankles in Melbourne

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Align Health Collective, located at Shop 1/56 Cotham Rd in Melbourne, is a top podiatry clinic that offers efficient and effective treatment options for sprained ankles. Their personalised care and support are designed to ensure a fast and painless recovery for patients.

Align Health Collective's experienced podiatrists understand that sprained ankles are a common injury that can be caused by a variety of activities such as running, playing sports, or simply walking. This injury can be frustrating and painful, leading to limitations in daily activities. Therefore, they offer comprehensive treatment options that are tailored to meet the individual needs of each patient.

According to Chalerm Tuantab, Managing Director of Align Health Collective, "The team understands the discomfort and inconvenience that comes with a sprained ankle. The team of experts is committed to providing personalised care and support to help patients recover quickly and effectively. The clinic offers the latest treatments and techniques to ensure that patients receive the best possible care."

The clinic's podiatrists are well-equipped to diagnose and treat sprained ankles of varying severity. They

provide comprehensive physical evaluations and review patients' medical histories to develop individualised treatment plans.

Treatments for mild sprains may include rest, ice, compression, and elevation, along with over-the-counter pain relief medication prescribed by a qualified healthcare professional.

For moderate sprains, immobilisation of the ankle joint with a brace, cast, or walking boot may be necessary, along with physical therapy exercises to strengthen the surrounding muscles.

Severe sprains may require surgery, followed by physical therapy and rehabilitation to regain strength, flexibility, and mobility.

Director Chalerm Tuantab emphasised that Align Health Collective is dedicated to delivering the utmost care and support to their patients. The podiatry team is committed to aiding patients in their speedy and efficient recovery, and they strive to ensure long-term relief from symptoms.

To prevent sprained ankles, it is recommended to wear appropriate footwear that provides support, cushioning, and stability for the feet and ankles. Additionally, taping the ankle or wearing ankle braces can offer extra support and relieve pain. Warming up and stretching before physical activity, as well as gradually increasing activity levels, can also help prevent future injuries.

The podiatrists at Align Health Collective - Sprained ankle Melbourne offer comprehensive and tailored care to ensure a speedy recovery from sprained ankles. The clinic is focused on personalised treatment plans and the latest techniques provides patients with the highest level of care and support.

To learn more about Align Health Collective and sprained ankle in Oakleigh, Melbourne, visit their website or contact them at hello@alignhc.com.au.

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For more information about Align HC - Podiatrist Oakleigh, contact the company here: Align HC - Podiatrist Oakleigh
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Align HC - Podiatrist Oakleigh

Align HC - Podiatrist Oakleigh is a clinic located in the heart of Oakleigh, Melbourne. With a team of highly skilled and experienced podiatrists, the clinic is dedicated to providing high-quality care for all foot and lower limb conditions.

Website: <https://www.alignhc.com.au/podiatrist-oakleigh>

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