



Ankle Sprains

What is it?

An acute ankle sprain is an injury (or tearing) of the ligaments supporting the ankle. The ligaments on the outside of the ankle are most likely to be injured. Ankle sprains are very common, and many patients are prone to having persistent pain and instability with severe ankle sprains.



Acute Treatment:

- Rest - limit bearing weight on your ankle; some people may need crutches
- Ice - 3-4 times/day for 20 minutes
- Compression – wrap your ankle with a Tensor bandage
- Ankle brace or walking boot – for more severe cases
- Elevation – keep ankle elevated on a couch or chair to prevent swelling
- Meds – Tylenol or Ibuprofen

Recovery / Rehab: Let pain be your guide.

- Home exercises – draw alphabet with your toes (to improve ankle motion). Add strengthening exercises – with elastic band or towel
- Avoid pivoting, twisting, running or jumping. Focus on low weight bearing exercises: stationary bike, swimming or elliptical
- *Physical Therapy or Chiropractic* – early rehab can speed recovery and reduce chances of having persistent pain and instability
- Ankle brace (ie: Ankle ASO brace) – may reduce pain & risk of re-injury
- Surgery – usually reserved for complete tears who fail conservative treatment