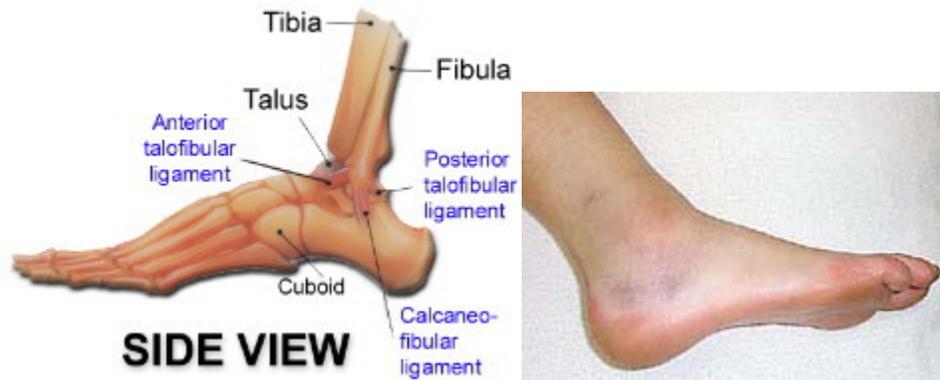


ANKLE SPRAIN

- **What is it?**

An acute ankle sprain involves the stretching and tearing of one or more ligaments in the ankle. Sprains can represent with mild to severe pain, moderate to severe swelling, and some discoloration.



- **Signs and Symptoms of this Condition**

- “Pop” or tearing sensation at time of injury
- Pain with moving the ankle
- Pain, tenderness, swelling in the ankle and foot
- Bruising may appear in the area of injury (24-48 hours after injury)
- Pain with putting weight on the injured foot and ankle

- **Causes**

- Normally a twisting type of injury
- Usually involves on an uneven surface, hole, or object causing the ankle to turn either inward or outward while the body weight is coming down onto the lower extremity at the same time.

- **What Can I do to Prevent an Ankle Sprain?**

- Maintain flexibility through regular stretching (especially after rigorous activities)
- Adequate warm-up prior to physical activity
- Wearing the proper type of shoe for the sport (i.e. **Do Not** wear jogging shoes for playing court sports such as basketball, volleyball, racquetball, etc.)

- **Treatment**

- **R** – rest and no running or jumping while the injury is healing
- I** -ice over the injury site for 20 minutes 2 times per day for the first 48-72 hours
- C** – compression (with ace wrap or sports tape)
- E** – elevation of the injured ankle often and for as long as possible in the first 48-72 hours.
- Taking anti-inflammatory medication (Aspirin, Tylenol, etc.) may be helpful in reducing both pain and inflammation.
- Seek further medical attention with your family care provider for further assessment.