

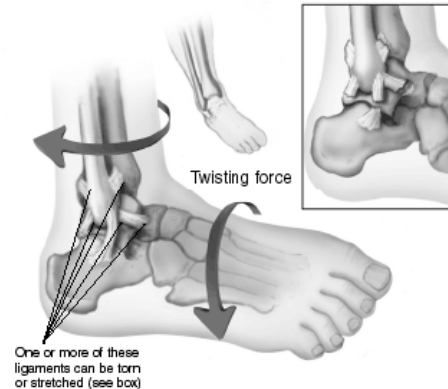
## Ankle Sprain

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### ACUTE ANKLE SPRAIN

Most ankle sprains are caused by rolling your foot inward. This is called a lateral ankle sprain, or an inversion sprain. It occurs when there is an injury or tear of one or more ligaments on the outer side of your ankle.

Depending on how many ligaments are injured, your sprain may be classified as Grade 1 (mild), 2 (moderate), or 3 (severe).



### TREATING YOUR SPRAINED ANKLE

Ankle sprains typically heal anywhere from 2 weeks up to a few months. Treating your sprained ankle properly may prevent chronic pain and looseness.

In early treatment start with R.I.C.E. Guidelines:

- **Rest** your ankle by limiting painful activities. Limit weight bearing and use crutches if necessary. An ankle brace often helps control swelling and adds stability while the ligaments are healing.
- **Ice** it to keep down the swelling. Don't put ice directly on the skin (use a thin piece of cloth such as a pillowcase between the ice bag and the skin) and don't ice more than 20 minutes at a time to avoid frostbite.
- **Compression** can help control swelling as well as immobilize and support your injury.
- **Elevate** the foot by reclining and propping it up above the waist or heart as needed.

### TREATING YOUR SPRAINED ANKLE

Every ligament injury needs rehabilitation. All ankle sprains, from mild to severe, require three phases of recovery:

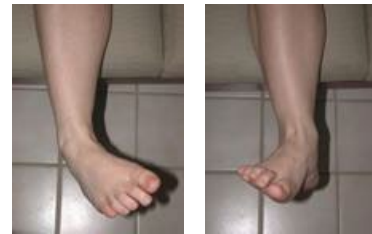
- **Phase 1** includes resting, protecting, and reducing swelling of your injured ankle.
- **Phase 2** includes restoring your ankle's flexibility, range of motion, and strength.
- **Phase 3** includes gradually returning to straight-ahead activity and doing maintenance exercises, followed later by more cutting sports such as tennis, basketball, or football.

# Ankle Sprain Exercises

## RANGE OF MOTION

### Exercise #1:

1. While seated, bring your ankle and foot all the way up as much as you can (Dorsiflexion)
2. Hold this for a count of 10.
3. Repeat 10 times.
4. Similarly proceed with plantarflexion (point your toes down), inversion (ankle down and in), and eversion (ankle up and out )



### Exercise #2:

This stretch should be done only when the pain in your ankle has subsided significantly.

1. While standing on the edge of a stair, drop your ankles down and hold this stretched position for a count of 10.
2. Repeat 10 times.



## STRENGTH

### Exercise #1

1. Place your ankle in the "down and in" position against a fixed object such as a couch.
2. Hold this position for a count of 10.
3. Repeat 10 times.
4. Repeat with "up and out" position



## BALANCE

### Exercise #1

1. Stand with your affected leg on a pillow.
2. Hold this position for a count of 10.
3. Repeat 10 times.
4. When able, graduate to single limb squat in this position

