Ankle Sprain

A sprain is a partial or complete tear in a ligament.

Most sprains are caused by rolling the foot inward.

This stretches or tears the ligaments that hold the ankle and foot bones together and can lead to instability and re-injury.

SO WHAT?
Spraining an ankle can increase your risk of re-injury as much as 40-70%. But proper post-injury care, rehabilitation exercises and bracing can decrease this risk. The information below can help you prevent re-injury.

To Speed Up Recovery
Immediately Being Using...P - R - I - C - E

Protection - Your ankle may be splinted, taped or braced to prevent further injury.
Rest - You should rest from all activities that cause pain or limping. Use crutches/cane until you can walk without pain or limping.

Ice - Place a plastic bag with ice on the ankle for 15-20 minutes, 3-5 times a day for the first 24-72 hours. Leave the ice off at least 1 1/2 hours between applications.

Compression - Wrap an elastic bandage from the toes to mid calf, using even pressure. Wear this until swelling decreases. Loosen the wrap if your toes start to turn blue or feel cold.

Elevate - Make sure to elevate the ankle above heart level (hip level is acceptable during class).

To Restore Normal Ankle Function

Range of Motion Exercises - Help you regain normal ankle motion.
Technique: Sit with your knee straight and hold the foot position as long as possible. Do as frequently as possible for the first 3-10 days.

Pullback

- Flex your foot back toward your body.

Flexibility (Stretching) Exercises
Loosen tight leg muscles. Tightness makes it hard to use stairs, walk, run, and jump.

Technique: Hold each exercise 20-30 seconds at a gentle stretch. Do not bounce!
Frequency: 6-10 repetitions/exercise, 5-7 days per week

Calf Stretch

Basic: Sit with your knee straight and towel looped around the ball of your foot.

- Slowly pull back until you feel your upper calf stretch.

Calf Stretch

Advanced: Once you can stand, try stretching with your hands on a wall.

- Place the injured foot behind the other with your toes pointing forward.
- Keep your heels down and back leg straight.
- Slowly bend your front knee until you feel the calf stretch in the back leg.

Heel Stretch

Basic: Sit with your knee slightly bent. Loop a towel around the ball of your foot.

- Slowly pull back until you feel a stretch in the lower calf and heel.