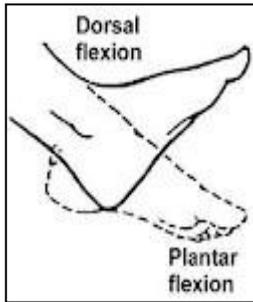
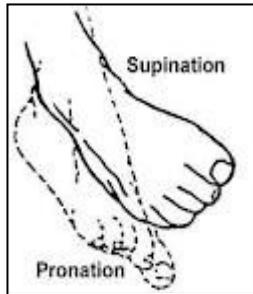


Early Exercises: Designed to improve movement & function

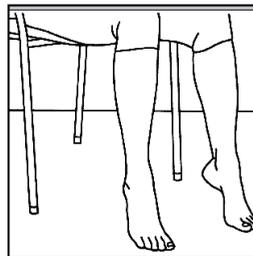
Draw your foot up as far as possible, with toes pointing towards you. Hold 5 seconds. Point your foot away from you as far as possible. Hold for 10 seconds. Repeat 10 times.



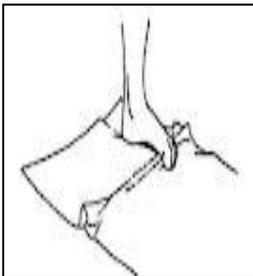
Turn the sole of your foot inwards, keeping your knee still. Hold for 5 seconds. Then turn the sole of your foot out, keeping the knee still. Hold for 5 seconds. Repeat 10 times.



Sitting on a chair. Alternately raise your toes and heels. Repeat 10 times.



Sit in chair and place a towel in the floor. Put the foot of your injured ankle on the towel, with your heel at the edge of it. Using your toes, bunch the towel and bring



Notes

It will be safe for you to return to normal activity when you have:

- Full range of movement
- Full strength
- Can use your ankle without pain or swelling

If you have persistent problems with pain or swelling or loss of function, or your ankle is not recovering at the rate you expect, please see your GP. Some severe sprains require further medical or physiotherapy intervention.

If you had an x-ray done in the hospital, a consultant radiologist will review it. If a fracture is subsequently identified on your x-ray, the hospital will contact you to arrange a clinic re-view appointment.

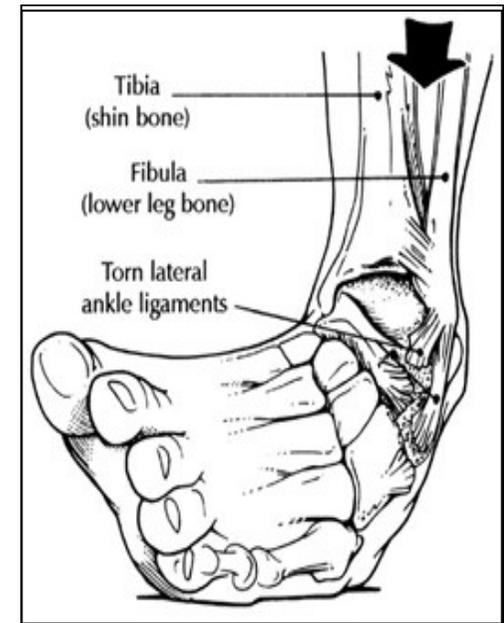
For larger font size and different language versions of this leaflet please contact Eimear Horan (01) 2214491

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Ankle Sprain Advice



**Name of Department:
Physiotherapy**

What is an ankle Sprain?

An ankle sprain is a common injury often caused when the ankle is moved through a greater range of movement than normal. This stretches and weakens the ligaments and soft tissue that hold the ankle and foot bones in place.

What are the symptoms?

Mild ache to sudden pain
Swelling
Bruising
Inability to move the ankle normally

How is it treated?

The first treatment is to reduce the inflammation and control the swelling and pain. This can be managed with the 'RIE' regime. Early weight bearing (i.e. putting weight on your injured foot) has been shown to help your ankle heal more quickly. Always try to walk normally, i.e. your heel strikes the floor first, rock forward on your foot and push off with your toes.

Rest

Resting the affected joint will aid healing and decrease pain and swelling. This does not mean you must stay off the leg but you may need to reduce your normal activity levels for a few days.

Ice

Icing the affected joint will help to relieve pain and decrease swelling. Ice should be applied every 2-3 hours for 10 minutes for the first 2-3 days. The ice should be placed in a damp towel and applied to the joint. Do not put the ice directly in contact with the skin.

Elevation

Elevation of the joint will help to decrease swelling. This should be done for 30 minutes at a time. For elevation to be most effective you should lie flat on your back with the leg resting on a support so it is above the level of your heart.

Painkillers

Take regular painkillers as prescribed or recommended by your doctor.

If you were not given a prescription we would suggest taking paracetamol three to four times a day. Do not exceed dosages on box.

Ibuprofen (Nurofen-please read package information leaflet) can also be taken with paracetamol if you are still in pain.

Rehabilitation and Recovery

Healing of the ligaments normally takes about 6 weeks, though everyone recovers from injuries at different rates.

Healing time is related to the severity of the injury and any other medical problems that might be present.

As healing gets underway it is important that you begin a series of exercises to help you gain full function of your ankle by improving its flexibility and strength.