



UNIVERSITY OF MARYLAND UNIVERSITY HEALTH CENTER

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Ankle Sprain

- Is the most common ankle injury;
- Causes stretching and tearing of ligaments;
- Usually occurs when foot “rolls in” (inversion);
- Usually healed within a few weeks (may take longer for more severe injuries).

Symptoms

- Pain
- Swelling
- May hear a “snap” or “pop”

Treatment in the first 24 hours aims to REDUCE SWELLING AND PAIN.

- Rest -Minimal or no standing on the injured leg
- Ice -Apply to area that is painful (20 minutes on, 20 minutes off for 48 hours)
- Compression-Wrap the ankle to control significant swelling.
 - Wrap should provide comfort not increased pain.
 - Wrap should not be too tight. If toes are blue, loosen wrap.
- Elevation -Keep foot higher than hips.
 - Gravity helps reduce swelling.
- Tylenol or Advil for pain

Treatment after 24 hours:

- Gradually progress to weight bearing as tolerated
- Ankle brace
- Tylenol or Advil for pain
- Slowly rotate the ankle then point your toes down three times a day once pain and swelling are gone
- Wear appropriate shoes with adequate ankle support

Avoid

- Heat
- Heat rubs (Icy Hot or Ben Gay)
- Aspirin (may cause more bleeding into the ankle)
- Standing on the injured for 24 hours or longer to rest ankle

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