

Disclaimer

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FRESH
2010
PERSPECTIVES



Blackrock Clinic

EMERGENCY DEPARTMENT

*Ankle Sprain
Advice*



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Ankle Sprains

An ankle sprain can occur when you “go over” on your ankle. When you sprain your ankle you over stretch the soft tissue (muscles, ligaments and tendons) around the joint.

At the start your ankle may:

- Bruise
- Swell
- Be painful to walk on and to move.

Treatment/management of your ankle injury.

Think of “**PRICE**” - **P**ROTECTION, **R**EST, **I**CE, **C**OMPRESSION AND **E**LEVATION

REST

For 24 - 48 hours after the injury rest your ankle from painful activities.

Use one /two crutches (**Only if prescribed**) to take some weight off the injured ankle. After this, gradually use the ankle as much as tolerated avoiding activity that causes pain.

ICE

Never put ice directly on the skin. Cover ice pack/ice cubes with a damp tea towel. Apply the ice to the injured area 3-4 times daily for 15- 20 minutes.

COMPRESSION

If you have been provided with a tubigrip support bandage this should be worn from just below the knee crease to the base of the toes. **DO NOT** wear this bandage at night.

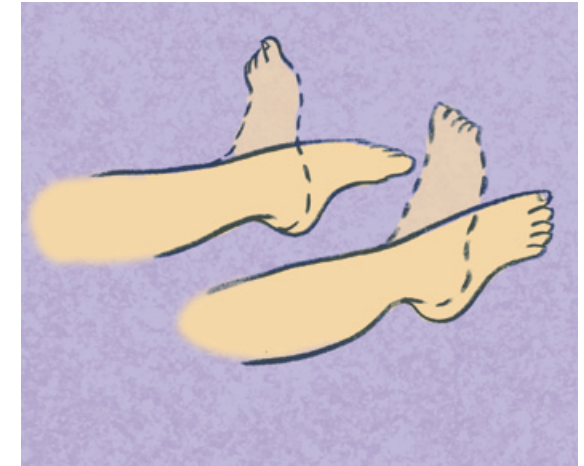
ELEVATION

Keep your foot raised on a pillow, above the level of your hip as often as possible. This keeps the swelling down, makes it more comfortable and speeds up recovery.

Exercises

(To be performed at least 3 times daily)

1. Move the ankle up and down 10 times.



2. Make a full circle with the ankle 10 times/ clockwise and anti clockwise

