

ANKLE SPRAIN ADVICE SHEET

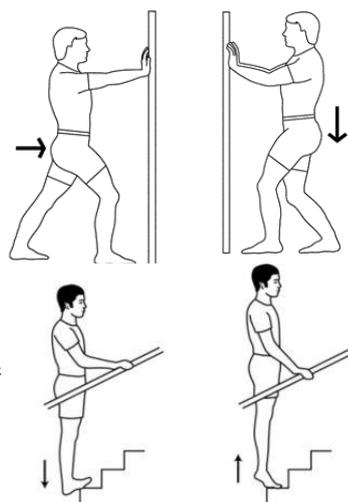
FOR THE FIRST 2 DAYS:

- Put as much weight through your sore leg as is comfortable (use crutches initially if needed)
- R.I.C.E. (factors that may decrease swelling)
 - Rest (!)
 - Ice (20 minutes every 1-2 hours)
 - Compression (bandage)
 - Elevation (keep foot above level of the hip)
- Avoid H.A.R.M. (factors that may increase swelling)
 - Heat
 - Alcohol
 - Re-injury
 - Massage
- Stretch – 3 lots of 20 second holds (with only minimal pain), 3 times a day:



AFTER 48 HOURS

- Contrast Baths
 - Using a bucket of warm water and a bucket of ice water, alternate dunking your foot in each for 15 seconds
- Stretches
 - Once able to walk without crutches, begin these stretches (do 3 lots of 20 second hold for each, twice a day):
- Strength
 - Up and down on toes for 3 lots of as many as possible
 - Progress as pain allows from seated, to on two feet on flat ground, to two feet off the edge of a step, to one foot off the edge of a step



Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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- Balance
 - Progress down the list as able with minimal sway (complete 3 lots of 1 minute):
 1. Stand on 1 foot on flat ground
 2. Progress to eyes closed
 3. Progress to eyes open, standing on a pillow
 4. Progress to eyes closed, standing on a pillow
 5. Progress to eyes open, standing on a pillow, throwing a ball against a wall



SLOW TO PROGRESS

- It may take 2-6 weeks to recover fully from an ankle sprain, depending on the severity. As long as it is improving slowly, there is nothing to worry about.
- If your ankle has not improved **AT ALL** after one week, in particular if you still cannot walk without crutches, then you should review with your local doctor or physiotherapist. Sometimes subtle fractures may not be visible on initial x-rays
- See a physiotherapist if you need further advice on exercises and rehabilitation after approximately one week.

RETURN TO SPORT

- There is no set time frame for return to sport, but prior to playing, you need to have achieved the following:
 - Full range of movement
 - Good strength – be able to hop, jump and run without pain
 - Progress through some individual skills drills – initially at moderate pace, but progressing speed as able
 - Get through at least one full training session without significant pain or swelling
- It actually takes about 3 months for the ligaments to get back to close to their normal strength, so it is usually a good idea to either tape or brace your ankle for at least the first 3 months back at sport. An ankle brace, such as a lace up boot as picture, may be found at most larger chemists or sports stores. Your local physiotherapist can show you how to tape your ankle.



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