

Dealing with Ankle Sprain

TIPS FROM ORGANIZATIONAL SOLUTIONS

The right care, at the right time, for the right outcome.™

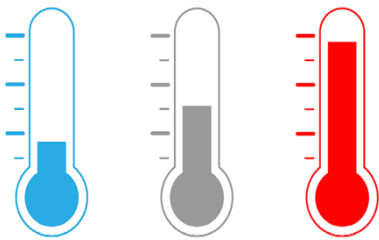


BASIC INFORMATION

What Is a Sprained Ankle?

Your ankle joint connects your foot with your lower leg. Three ligaments keep your ankle bones from shifting out of place. A sprained ankle is when one of these ligaments is stretched too far or torn.

Three degrees of sprain



1. **Mild (grade I).** Your ligaments are stretched but not torn. Your ankle still feels stable. You may have some pain and stiffness.
2. **Moderate (grade II).** One or more ligaments are partially torn. The joint isn't totally stable, and you can't move it as much as usual. You have swelling and moderate pain.
3. **Severe (grade III).** One or more ligaments are totally torn, and your ankle is unstable. You have a lot of pain and can't move it.

WHAT CAUSES AN ANKLE SPRAIN?

An ankle sprain often occurs when the foot suddenly twists or rolls, forcing the ankle joint out of its normal position. During physical activity, the ankle may twist inward as a result of sudden or unexpected movement. This causes one or more ligaments around the ankle to stretch or tear. Some swelling or bruising can occur because of these tears.



You may also feel pain or discomfort when you place weight on the affected area. Tendons, cartilage, and blood vessels might also be damaged due to the sprain. Ankle sprains can happen to anyone at any age. Participating in sports, walking on uneven surfaces, or even wearing inappropriate footwear can all cause this type of injury.

SYMPTOMS OF ANKLE SPRAIN

You may have a sprained ankle if you notice the following symptoms in the ankle:

- swelling
- tenderness or pain
- bruising
- inability to put weight on the affected ankle
- skin discolouration
- stiffness

BE YOUR OWN ADVOCATE



Questions to ask

- 1) What is causing my ankle pain?
- 2) What investigations can be done?
- 3) What line of treatment do we follow?
- 4) What level of pain reduction can I expect once treatment starts?
- 5) When should I book a time with my therapist?
- 6) How can I tell if it's worsening?
- 7) What should I do if it gets worse?
- 8) What is the anticipated recovery time?
- 9) When can I get back to work?

HOME TREATMENT

- R** **REST** keeps you from hurting the ankle again or putting stress on inflamed tissue. A brace or splint can take pressure off the joint.
- I** **ICE** is probably the best treatment. Put it on your ankle to lower blood flow and help with swelling, redness, and warmth. It can prevent inflammation if you do it quickly after an injury.
- C** **COMPRESSION** can keep down swelling. Use an elastic bandage or wrap until the swelling goes down. Always start wrapping at the point farthest from your heart. Don't wrap so tightly that you cut off the blood flow.
- E** **ELEVATION** (keeping the injured area up as high as possible) will help your body absorb extra fluid. It's best to prop your ankle up so that it's higher than your heart, as with a reclining chair.

Doctors recommend RICE



PREVENTION

A sprained ankle is more likely to get hurt again, so do what you can to lower your risk:

Keep your ankles strong and flexible. Talk to your doctor or physical therapist about strengthening exercises.

Wear the right shoes for an activity. Choose stable shoes that support your ankle, such as high-top basketball shoes.

If you play a sport, you might want to tape up a weak ankle for extra support. Ask your doctor about a brace if you've had more than one sprain.

Be sure the playing field or court is clear of any holes or obstacles.

Get rid of obstacles or trip hazards in your home and yard.

