

Follow up

See your family physician or return to the emergency department if: you are unable to bear weight after 3-4 days, you have increasing severe pain, or you are concerned.

Bruising or discoloration that settles along the bottom of your foot is common.



When can I return to my normal activities?

Everyone recovers from an injury at a different rate. Return to your activities depends on how soon your ankle recovers, not by how many days or weeks it has been since your injury has occurred. The goal of rehabilitation is to return to normal activities as soon as is safely possible. If you return too soon you may worsen your injury. Some general rules are as follows:

- You have full range of motion in the injured ankle compared to the uninjured ankle
- You have full strength of the injured ankle compared to the uninjured ankle
- You can walk straight ahead without pain or limping

SOUTH MUSKOKA
MEMORIAL HOSPITAL

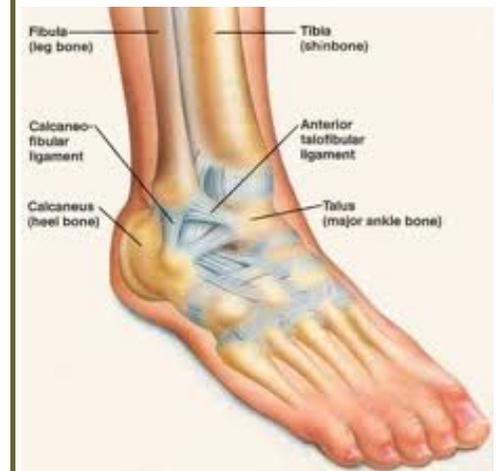
HUNTSVILLE DISTRICT
MEMORIAL HOSPITAL



MUSKOKA ALGONQUIN
HEALTHCARE

Ankle Sprains

Patient Information



MUSKOKA ALGONQUIN
HEALTHCARE

Ankle Sprains



ADAM

What is an ankle sprain?

An ankle sprain is an injury that causes a stretch or tear of one or more ligaments in the ankle joint.

Ligaments are strong bands of tissue that connect bones at the joint.

Sprains may be graded 1,2,3 depending on their severity:

- Grade 1 sprain: pain with minimal damage to the ligaments
- Grade 2 sprain: more ligament damage and mild looseness of the joint
- Grade 3 sprain: complete tearing of the ligament and the joint is very loose or unstable

Classification

Sometimes sprains are just classified as mild or severe, depending on the amount of ligament damage.

There are many ligaments in the ankle. The most common type of sprain involves the ligaments on the outer aspect of the ankle (lateral ankle sprain). Ligaments on the inside of the ankle may also be injured (medial ankle sprain) as well as ligaments that are high and in the middle of the ankle (high ankle sprains).

How do sprains occur?

A sprain is caused by twisting your ankle. Your foot usually turns in or under but may turn to the outside.

What are the symptoms?

- Mild aching to sudden pain
- Swelling
- Bruising
- Inability to move the ankle properly
- Pain in the ankle even when you are not putting any weight on it

Treatment?

- Put ice on it for 20 to 30 minutes every 3 to 4 hours for the first few days.
- Wear a supportive shoe, lace-up brace or ankle stirrup (Aircast or Gel cast)
- Use crutches until you can walk without pain
- Pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil) or naproxen (Aleve) may be used.
- Do ankle exercises to improve your ankle strength and range of motion. The exercises will help you return to normal activity or sports

SOUTH MUSKOKA
MEMORIAL HOSPITAL

HUNTSVILLE DISTRICT
MEMORIAL HOSPITAL