



ACUTE ANKLE SPRAIN INSTRUCTION SHEET

You have sustained a mild ankle sprain. Your ankle and foot may turn black and blue and swell; however, this is a normal response to the injury sustained. Listed below are several steps to help manage your injury. Please do not apply heat to the injured area for at least 24-48 hours.

IMMEDIATE CARE

- 1) **Rest** – Remain off the injured area as much as possible for the first few hours. Keep the foot and ankle elevated whenever possible.
- 2) **Ice** – Ice packs should be applied for 15-20 minutes about 4-5 times per day. Two hours should pass between applications. Use care when applying the ice. The area may burn slightly, turn red, and become numb – this is normal. However, if the area turns blue or numbness occurs elsewhere, remove the ice and put a towel between the ice and skin. If these symptoms persist, discontinue the use of ice.
- 3) **Compression** – An ace wrap should be left on the ankle at all times except when icing or when showering. At night, leave the wrap on, but loosen it so circulation continues to the toes. The ace wrap will help remove the swelling from the area. The wrap should be applied in a spiral fashion from the toes to the middle of the calf. Even tension should be applied throughout the wrap. Loosen the wrap if the toes turn blue or if feeling is lost in the toes.

The following are suggestions for care of this injury:

- Follow the above instructions.
- Schedule a complimentary orthopedic screen at an Athletico Physical Therapy center.
 - The nearest Athletico to Marian Catholic is:
Flossmoor
19801 Governor's Highway, Suite 100
Flossmoor, IL 60422
P: 708-647-1500 / F: 708-647-1800
 - Go to the emergency room/urgent care center or follow-up with an orthopedic physician.

If there are any other questions do not hesitate to contact the Athletic Trainer.

Better for every body.

Athletico provides orthopedic rehabilitation and fitness services. For information about our services or to receive a complimentary injury screen, please call 1-877-ATHLETICO or visit www.Athletico.com for a location.

This guideline is for information purposes only and does not constitute medical advice.