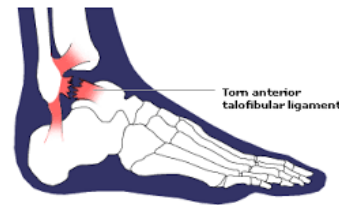


Ankle Sprain

Ankle sprains occur when the ligaments of the ankle are partially or completely torn. This can result in swelling, bruising, tenderness and a decreased range of motion.

You may also experience a mild limp or extreme pain when weight-bearing, depending on the severity of the injury.



In acute stages of a sprained ankle, it is important to follow the **R I C E R** protocol.

REST	- Avoid as much movement as possible in the first 24 to 48 hours to reduce further injury
ICE	- Reduces pain, inflammation and bruising - Apply ice pack wrapped in a damp towel for 20 minutes every 2 hours
COMPRESSION	- Helps prevent swelling - Wrap the injured area with a bandage, making sure it is not too tight
ELEVATION	- Elevate the injured area to stop bleeding and swelling
REFERRAL	- Seek help from a qualified health professional to commence a personalised treatment plan for optimum recovery

How could a Physiotherapist help me?

- Restore the correct motion of the injured ankle
- Provide exercises targeting strength, balance and stability
- Advice on treatment and safe exercise during recovery
- Taping to prevent further injury and provide support
- Get you back to normal activities or sport as quickly as possible
- Provide pain relief with ice, TENS and ultrasound