

## Ankle Sprains

The following are guidelines to be used at home for the treatment of ankle injuries. Basic treatment consists of:

### Ice, Compression, and Elevation

If the athlete is injured at school, the athlete will usually come home with a compression wrap on the injured ankle.

This is not to be removed unless the athlete is icing the ankle or if the wrap becomes too tight as a result of swelling.

Once the ice therapy is done, the compression wrap should be re-applied.

The wrap is to remain on until the athlete goes to bed and then it is removed.

Upon getting up in the morning, the wrap should be placed back on the injured ankle.

Applying the compression wrap will help to minimize the swelling within the ankle joint. This will help to speed up the rehabilitation process. During the first several days after the injury, the ankle will generally be very painful. This is normal in any ligament injury. The pain may be controlled with Tylenol or Advil. Do not be alarmed by the swelling that may occur.

Ice therapy should only be applied to the ankle for 20 minutes every 2-3 hours. Ice may be applied several times throughout the day and evening to help reduce the swelling. Elevation should be used in addition to the ice treatment. Pillows or blankets may be used to elevate the ankle above the level of the heart or hips. Elevation should continue after the ice treatment during the time the athlete is sleeping.

\*\*Ice therapy should be used exclusively for the first 72 hours after the injury.

### NEVER APPLY HEAT DURING THIS TIME FRAME!!

Applying heat during this time will result in a marked increase in the amount of swelling around the ankle joint.

Crutches may be issued if initially if the athlete has severe pain when applying pressure to the ankle when walking. If the pain is not severe, the athlete should try to walk on it. The athlete should try to walk as normal as possible, even if this requires taking slow, small steps.

If your son/daughter is taken for medical evaluation, we **must have** a medical release form **from the physician** before they will be allowed to return to participation.

If you have any questions or concerns, please feel free to contact us.