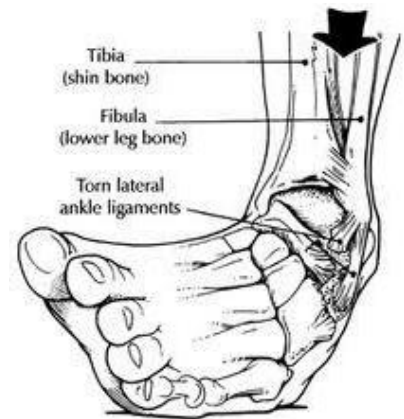


LATERAL ANKLE SPRAIN

What is it?

A sprained ankle (also called a rolled or twisted ankle) is a common injury where one or more of the ligaments of the ankle are partially or completely torn. The most common type of ankle injury affects the ligaments on the lateral side of the ankle when the foot rolls inwards, as shown in the picture to the right.



Common Symptoms

Bruising and swelling are common symptoms and may extend from the ankle towards the toes. Pain is especially noticeable when putting pressure on the foot, such as when trying to walk. Some notice that their ankle feels unstable, warm to the touch, and difficult to move.

Potential Causes

- Weakness in the muscles/tendons that cross the ankle joint
- A history of previous ankle sprains
- Wearing high heeled shoes
- Running on uneven surfaces

What can you do at home?

- Ice in cycles of 10 minutes on/10 minutes off and be sure to wrap the ice or cold pack in a moist towel to avoid cold injuries to the skin.
- Adding light compression (such as a tensor bandage) and elevating your foot above heart level will also help to control swelling.
- Perform the ankle alphabet. Moving your ankle as much as possible, trace out the entire alphabet from A-Z in capital letters using your toes.
- Improve your balance by standing on one foot for 30 seconds, 3x a day.

