

Wearing shoes or boots that support the ankle will also help especially when playing sports and walking on uneven ground.

Please visit your GP if:

- you are unable to put any weight on your injured ankle or when the pain is too severe.
- you have numbness and/or a cold foot with pale or bluish skin.
- you have persistent problems with pain, swelling or the ankle is not working properly.

Further information

This leaflet is provided for information and guidance by the physiotherapy service and is based on the latest medical advice. For additional information please visit www.patient.co.uk.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Contact us

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Telephone 01865 903 907

Email msk.physiotherapy@oxfordhealth.nhs.uk

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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若您需要本信息的另一种语言或格式的版本, 请与我们联系

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MSK Physiotherapy

Ankle sprain: information for patients

What is an ankle sprain?

A sprain is an injury to the ligaments often caused when you twist your ankle. This stretches and weakens the ligaments and muscles that support your ankle.

What are the symptoms?

An injured ligament causes pain, swelling, bruising and difficulty walking and moving the ankle properly.

How will treatment help?

The treatment will help to minimise your symptoms and regain the normal use of your ankle as quickly as possible.

What is the treatment?

The treatment for the first 48-72 hours is to follow the PRICE principles.

Protect the injured ankle from further injury. Use crutches or ankle supports to encourage putting weight on your injured foot.

Rest the affected ankle joint to allow healing to take place.

Ice should be applied for 10 minutes to

help reduce pain and swelling. Wrap an ice pack in a damp towel. This should be repeated every two hours if necessary.

Compression can be applied using a bandage to help limit the swelling.

Elevation of the foot above the level of your hips will also reduce swelling.

Avoid HARM for 72 hours after injury. heat, alcohol, running and massage may increase inflammation.

Ankle exercises

Stage 1: After 48 hours perform gentle ankle exercises at least three times a day.

- Point your foot up, then down. Repeat ten times.
- Bend the sole of the foot inwards, then outwards. Repeat ten times.



Stage 2: Once your injured ankle improves, you can perform the following exercises.

- Stand upright stretching one leg behind you. Bend your forward leg and keep the heel of your back leg on the floor. Hold for 30 seconds, then



relax. Repeat three times.

- Lean on a support and raise your heels off the floor. Repeat ten times.
- Try balancing on your injured foot for up to ten seconds. Repeat ten times.
- Lean on a support and stand on one leg. Raise your heel off the floor. Repeat ten times.
- Walking. Put weight on the injured ankle as soon as pain allows. Try to increase the distance that you walk. Walk with even strides (heel first, then toe).



Return to normal activity

It can take several months to return to normal activity. It should be safe if you have regained full strength and you are able to move your ankle without pain.

Preventing sprains

Doing the ankle exercises to improve your balance and strength will help to prevent further ankle sprains.