Sprained ankle: Home care

A sprained ankle is an injury that occurs when you roll, twist or turn your ankle in an awkward way. This can stretch or tear the tough bands of tissue (ligaments) that help hold your ankle bones together.

Ligaments help stabilize joints, preventing excessive movement. A sprained ankle occurs when the ligaments are forced beyond their normal range of motion. Most sprained ankles involve injuries to the ligaments on the outer side of the ankle.

First 2–10 days: PRICE

P—Protection, wear supportive laced up shoes or wrap for support or wear a brace

R—Rest, stand and walk with crutches may help decrease strain by limiting weight bearing

I—Ice or cold pack can be applied to the ankle/foot
   Be sure that there is a layer of fabric between your skin and a cold pack
   15–20 min. duration hour

C—Compression
   ACE wrap applied to the ankle especially when upright to decrease swelling can help control swelling and support the ankle

E—Elevation
   Position your ankle above your waist or heart whenever possible to decrease swelling

Days 3–14:
Continue with crutches if reduces pain increasing weight into the leg as you can and use of cold pack for pain relief daily.

Follow up with the physician or start physical therapy if the pain or swelling persists and you feel weak and unstable walking without crutches or support.