

ACUTE ANKLE SPRAIN

FIRST DAYS

In the first few days swelling and bruising can be visible in the ankle and foot area. To help ease the pain the first day or two, you can apply ice packs 1-3 times a day for 15-20 minutes. Make sure to never apply ice directly onto the skin as it can burn it, but instead use a towel or a cloth as an in-between layer. If possible elevate the foot as much as possible during the day.

EXERCISE & MOVEMENT

It is okay to put weight on the foot to the extent that the pain allows it, using elbow crutches if necessary. At this stage, you can already start with gentle movements and exercises which will stimulate the circulation to the area and help the healing process. You can slowly move the toes and foot in all direction as the pain allows.

For more details, please see Page 2

BANDAGING/TAPE/BRACE

In an acute phase, it is generally better to avoid taping due to the swelling and rather apply a compression bandage. The only taping that could be beneficial in the early days is a lymphatic tape that supports the lymphatic system to reduce the swelling. These taping techniques are usually applied by trained physiotherapists.

4-10 DAYS AFTER AN INJURY

As soon as the swelling subsides you can start using a brace or have your ankle taped by a professional. In the following days you should be increasing the load with weight-bearing and slowly return to a normal walking pattern where you have equally divided weight between left and right foot.

Start working with your physiotherapist towards regaining mobility, stability and coordination of the injured leg.