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ANKLE SPRAIN CARE

1 to 3 days: Reducing swelling is the goal!

R.I.C.E. – An easy pneumatic way to remember how to reduce your swelling.

- **R = REST:** Limit activities and use crutches if pain is severe.
- **I = ICE:** Place ice bags around the ankle immediately after the injury, repeat often throughout the first 3 days for the best results.
- **C = Compression:** You can use an ACE wrap, or lace up ankle brace.
- **E = Elevation:** Prop your ankle above your heart.

4 to 10 days: After the swelling is controlled, work on the following exercises. These exercises are designed not only to rehabilitate your foot, but also to strengthen your foot in order to avoid re-injury.

- **Range of motion** - Trace the letters of the alphabet in the air with your foot twice daily.
- **Isometric** - Please the outside of your foot against a stationary object, and push for 5 seconds, then rest for 5 seconds. Repeat for 5 minutes, twice a day.
- **Balance** - Play catch with a friend while balancing on your ***injured, and braced ankle***, or bounce a ball off a wall while balancing.
- You may begin to walk, or jog in your brace, if it is not painful. Go a little bit further and a little bit faster each day.

Special Instructions:

- For severe sprains, wear your brace 24 hours a day for two weeks; then whenever walking, for 4 more weeks. Sprains can take up to 6 weeks to totally heal.
- If the ligament is torn during the healing process, you may develop chronic weakness in the ligament which can require surgery to repair.
- For several months after you have healed, you should wear your ankle brace during high risk activities such as hiking, basketball, soccer, etc.