

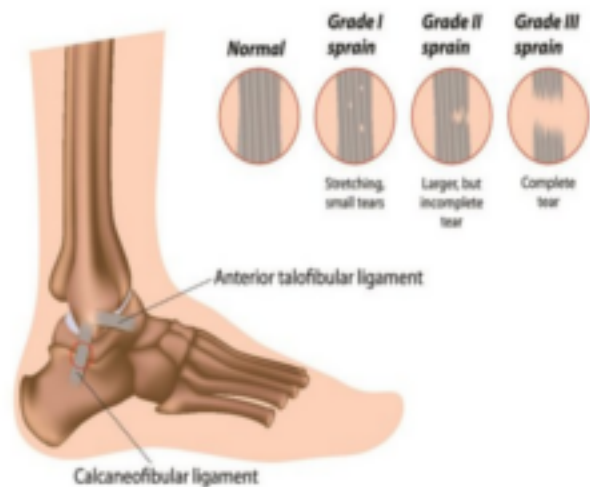
# Ankle Sprain

## Three Grades of Ankle Sprain

**Grade I-** Very small tears along ligament.

**Grade II-** Large tears but not a clean break.

**Grade III-** A clean and complete break in the ligament.



## Treatment

**R**<sub>est</sub> If weight can be applied, walk as soon as possible. If not use crutches until weight can be applied. Rest from physical activity until pain free.

**I**<sub>ce</sub> Apply ice 2-3 times a day for 20 minutes each time.

**C**<sub>ompression</sub> Wrap ankle with Ace Bandage (athletic bandage) during the day to help control swelling.

**E**<sub>levation</sub> Elevate ankle above heart multiple times per day to keep fluid from settling in the ankle.

## Wrapping Technique



After a week of using RICE start using Range of Motion. Exercises by pointing ankle up, down, and side to side. - Followed by motions of spelling capital letters of the alphabet with your toes, moving only your ankle. - Then, repeat with resistance from another person. - Finally, heel raises. - Recovery takes 3-4 weeks.