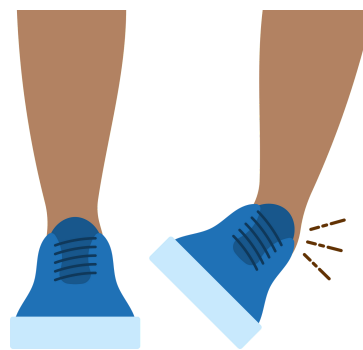


Ankle Sprain

An ankle sprain is when the ankle ligament tissue tears or stretches. It can happen to anyone and causes pain, swelling, and walking problems. Ankle sprains can happen from walking, playing sports, or exercising.



Are there different kinds of sprains?

Ankle sprains are given grades depending on how serious they are:

| | |
|---------|---|
| Grade 1 | A mild sprain with minor stretching and damage to the ligament. |
| Grade 2 | A medium sprain where the ligament is partly torn. |
| Grade 3 | The worst kind of sprain where the ligament is completely torn. |

What are my treatment options?

Most sprains take about 4 to 6 weeks to heal. A grade 3 sprain can take several months to get better.

| | |
|------------------|--|
| Bracing | A brace can help support your ankle. |
| Casts | A soft cast or boot will keep your ankle still. |
| Medicine | Aspirin, Tylenol, or Motrin can help with pain and swelling. |
| Physical Therapy | PT can help with muscle recovery and tendon healing. |

While at home try the RICE method:

- R- Rest the area for 48 hours.
- I- Ice for 20 minutes 4-8 times a day.
- C- Compress to help reduce swelling.
- E- Elevate (raise) your ankle above your chest.

How can I avoid ankle sprains in the future?

Once you have sprained your ankle, you are more likely to sprain it again. Doing exercises to make your ankle stronger and improve balance can make it less likely that you will sprain your ankle again.



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