

ANKLE SPRAIN

The ankle joint connects the foot with the lower leg. Ligaments, the capsule and tendons hold the joint together and give it stability.

A sprain is caused by an unnatural twisting motion of the foot towards the inside or outside. This sudden stress to the joint causes the ligaments to be stretched more than they are able to tolerate and produces tiny tears. Small blood vessels allow fluid to leak into the surrounding soft tissue resulting in swelling.



Symptoms :

- Pain on the inside or outside of the ankle
- Swelling of the ankle or foot. In larger sprains, there may be mild internal bleeding (hematoma).
- Difficulty walking or weight bearing on the foot.

Ice

You can apply ice (a bag of frozen vegetables, a gel ice pack, crushed ice) to the ankle for 10-15 minutes every 2-3 hours. Always apply a wet towel between the ice and your skin. Ice can help you to reduce the pain.

Elevation and Compression

To reduce the swelling, it is recommended that you elevate your foot higher than your heart level for 20 to 30 minutes, 3 times a day. Stretch your leg out on the bed or on the couch. To further control the swelling, you may wrap your ankle with an elastic bandage.

Walking

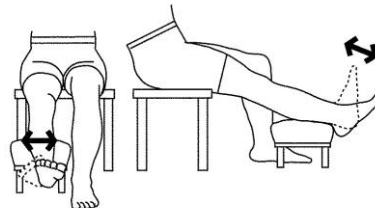
If you are allowed to put weight on your foot, go gradually according to your tolerance. This will help you regain mobility in your ankle and foot. An ankle sprain does not prevent walking but can be painful in the first few days.

Exercises

It is possible to start the exercises gradually. They aim to restore flexibility to the ankle as well as increase muscle strength. You must do the exercises according to tolerance, i.e. you tolerate discomfort but no pain. Start with sitting exercises, then standing, while respecting the pain.

Number 1

Sit on a chair with your affected leg on a low stool. Move your foot towards the right and the left, and then up and down. Do the movements slowly.



Do each movement 20 times, 3 times per day.

Number 2

Sit on a chair with your affected foot on a towel. While keeping your heel in the same spot, move the towel towards the outside with the end of your foot.



Do this movement 10 times, 3 times per day.

Number 3

Sit on a chair with your affected foot on a towel. While keeping your heel in the same spot, move the towel towards the inside with the end of your foot.



Do this movement 10 times, 3 times per day.

Number 4

Stand with your hands on the back of a chair. Rise up onto your toes hold for 5 seconds then go down slowly.

Do this 20 times, 3 times per day.

