

Sprained Ankle

Symptoms, Home Remedies, Causes, and Treatment



Ankle Sprain: caused by stretching of the ligaments found in the ankle beyond their capacity.

Ligaments at the ankle's outer side are more commonly injured than the inner side



Signs and Symptoms



Pain and swelling



Bruising



Hearing a "pop"



Restricted ambulation



Limited movement



Too much movement or instability



Decreased ability to sense passive movement of the ankle

Causes



Exercise



Overexertion



Repetitive Motion



Falls and slips



Placing the body in awkward positions

Risk Factors



Environment



History of Ankle Injury

Improper Footwear



Lack of Warm-up



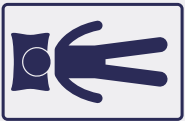
Participating in Sports



Improper Gear or Equipment

Treatment

Protection Phase

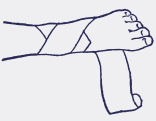


Rest

Ice



Compress/Wrap



Elevate



Gently Move to Maintain Mobility

Introduce a Little Weight on the Foot When Using Crutches



Controlled Motion Phase



Continue Wearing Splints

Massage as Tolerated



Do Simple Exercises Like Toe Curls

Start Doing Stability and Strengthening Exercises



Return to Function Phase



Strengthening Exercises



Full Weightbearing



Postural and Balance Training

Prevention



Prevent Re-injury



Be Active

Do Not Skip on Warm-ups



Be Cautious



Invest in Your Gear



Take Breaks