

# HOW DO I MANAGE MY ANKLE SPRAIN?

References:

- (1) Smith RW, Reischl SF. Treatment of ankle sprains in young athletes. The American journal of sports medicine. 1986 Nov;14(6):465-71.
- (2) Janssen KW. Infographic: Ankle sprain treatment and prevention timeline. British journal of sports medicine. 2018 Aug 1;52(15):953-4.
- (3) Struijs PA, Kerkhoffs GM. Ankle sprain. BMJ clinical evidence. 2010;2010.
- (4) Mayo Clinic. Sprained Ankle. Available from: [www.mayoclinic.org/diseases-conditions/sprained-ankle/symptoms-causes/syc-20353225](http://www.mayoclinic.org/diseases-conditions/sprained-ankle/symptoms-causes/syc-20353225) [30/12/21].

Day 1	Week 1-8	2 Months – 1 Year
<p><b>Key Principle:</b> Treat and Load the ankle</p> <ul style="list-style-type: none"> <li>- Apply ice for 10 to 20 minutes for pain relief, 3 times a day</li> <li>- Rest ankle for a few hours until the pain eases</li> <li>- Subsequently try to bear weight on ankle as soon as possible (&lt;24 hours)</li> <li>- Consult physio</li> </ul>	<p><b>Key Principle:</b> Load and Protect the ankle</p> <ul style="list-style-type: none"> <li>- In daily life, protect the ankle ligaments by applying tape or a brace</li> </ul>	<p><b>Key Principle:</b> Train &amp; Tape/Brace</p> <ul style="list-style-type: none"> <li>- During training, wear a brace or tape</li> <li>- Balance training can reduce risk of a re-spraining by 40%</li> <li>- Bracing during sport reduces the risk of re-sprain by 80%</li> </ul>

**What is an ankle sprain?**  
An injury to the lateral ligament of the ankle joint.

**What are the symptoms of an ankle sprain?**  
Pain, Tenderness on lateral side of ankle, Swelling, Bruising, Restricted range of motion, Instability in the ankle, Popping sensation or sound at the time of the injury

**Did you know?**  
The chance of the recurrence of an ankle sprain among athletes can be as high as 80% and the risk of re-sprain is twice as high in the first year!