

Pt Sticker or, complete the following

Name: \_\_\_\_\_

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## Physiotherapy

# Ankle Sprain

You have sprained your ankle. Please follow these exercises and advice to optimise your recovery.

**R.I.C.E** is crucial over the first 2 – 3 days following an injury.

**R** – **Rest** the ankle where possible.

**I** – **Ice** applied to the ankle in the two phases described below.

**C** – **Compress** your ankle with a bandage around the whole foot, ankle and lower leg plus *leukofoam*<sup>TM</sup> around the ankle bones (as applied in the emergency department). This will help reduce swelling.

**E** – **Elevate** your ankle in a well supported position above your heart to help with swelling. Overnight, this is best achieved by placing pillows under the mattress of your bed.

You should begin taking weight through your injured foot as much as pain permits to prevent stiffness in your ankle and assist healing. You may need to walk using crutches while it is painful.

It is important to avoid the following factors as they may delay recovery by making the inflammation and swelling worse:

### H.A.R.M

**H** – **Heat** over the injured area.

**A** – **Alcohol** consumption, especially in the first week.

**R** – **Running** or other activities that will aggravate the injury.

**M** – **Massage** directly over the painful area.

## ICE/EXERCISES REGIME TO AID RECOVERY

This regimen may cause you some discomfort but this should settle quickly after finishing the exercises.

Overview: Ice for 10minutes, exercise and then ice for an additional 3 minutes.

### ICING: PHASE ONE

- Remove bandage and padding
- Submerge affected ankle in a bucket of ice and water for 10 minutes (your toes can be wrapped in plastic film for insulation if required to optimise tolerance)



\*25110\* Advice or Information

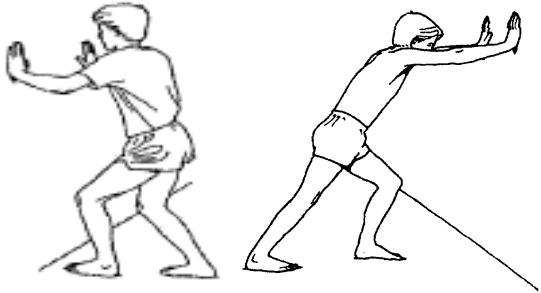
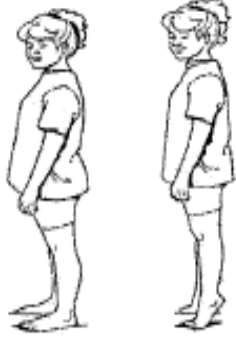

Physiotherapy Department


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<b>EXERCISES</b>	
<p><b>a. Calf Stretches</b></p> <ul style="list-style-type: none"> <li>Stand facing a wall.</li> <li>Stand with both knees bent and injured foot at the front, gently lean into wall until stretch is felt in ankle/lower calf.</li> </ul> <p>Hold for 10 seconds Repeat 3 times</p>	
<p><b>b. Calf Raises</b></p> <ul style="list-style-type: none"> <li>Stand with weight evenly shared on both feet. Rise onto the balls of both feet.</li> <li>Hold onto secure object for safety if required (not pictured)</li> </ul> <p>Repeat 10 times</p>	
<p><b>c. One Leg Balance</b></p> <ul style="list-style-type: none"> <li>Balance on your injured ankle as long as tolerable.</li> <li>Hold onto secure object for safety if required (not pictured)</li> <li>Eyes open progressed onto eyes closed</li> </ul> <p>Hold for 30 seconds Repeat 2 times</p>	

<b>ICING: PHASE TWO</b>	
<ul style="list-style-type: none"> <li>Submerge affected ankle in a bucket of ice and water for an additional 3 minutes</li> <li>Reapply padding and bandage</li> </ul>	

<ul style="list-style-type: none"> <li>Repeat this schedule of ice/exercise every 2-4 hours for 2-3 days. You may consider performing the regimen overnight to further aid recovery.</li> <li>Consider the use of non-steroidal anti-inflammatory medication as assessed and prescribed by an authorised medical officer/health professional.</li> <li>Seek physiotherapy follow-up, either privately or via the Community Health Intake (02) 6207 9977</li> </ul>
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Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name & Designation)

*If you have any concerns with this advice or exercises, please contact your physiotherapist*

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