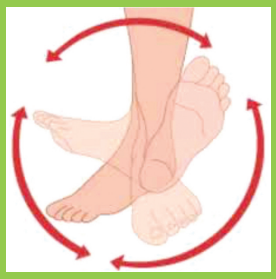
Torrance Memorial | An Affiliate of Cedars Sinai

ANLKE SPRAIN? What Should You Do?

THE FIRST STEP AFTER SPRAINING ANKLE IS TO CALM DOWN THE PAIN:

- Ice ankle and elevate after activity, 15-20 minuntes.
- Use compression to help decrease swelling.
- Elevate the ankle above your hip while seated or lying down.
- NSAIDs may be used as directed by physician.
- You may slowly increase the amount of weight through your ankle and lower extremity as you feel comfortable.
- An ankle brace is recommended during the first week or weeks, or until pain, balance and strength have improved.
- Walk for exercise as tolerated. Start with 3 to 5 minutes twice daily, and if it reduces your pain, continue to add 5 minutes to this every day until you are able to walk 30-45 minutes at a time without increased pain.

It is important to keep the ankle moving. You can start with these exercises, if comfortable:



ANKLE CIRCLES

Move your ankle in a circular clockwise pattern for several repetitions and then repeat in the reverse counterclock-wise direction. 20 times each direction.

CALF STRETCH

Stand facing the wall, with non-injured leg in front, injured ankle behind with knee straight. Lean forward with hands against the wall, keep back heel on the floor. Hold for 30 seconds, repeat 3x, 2-3x per day.

Once the ankle is feeling better, you may progress to these exercises:

SINGLE LEG BALANCE

Balance is important to prevent future ankle sprains. Stand on one leg and hold this position for 20-30 seconds, Repeat this 3x, and perform 2-3 times/day. For added challenge, try closing your eyes.

HEEL RAISES

Stand facing a wall or counter top for support and balance. Raise up on 'tip-toes' while maintaining the knees in full extension. Hold for one second, then lower slowly to the starting position. Repeat 15-20 times, aim for 3 sets.