

WE'LL  
GET YOU  
BACK IN  
THE GAME

## Ankle Sprain

### What is an ankle sprain?

An ankle sprain is an injury that causes a partial or complete tear in at least one of the ankle ligaments. Sprains account for 75% of all ankle injuries. There are three types of ankle sprains: Inversion, Eversion, and High Ankle Sprain. Inversion ankle sprains are the most common and accounts for 80% of ankle sprains.

### How does it occur?

Ankle sprains can occur while walking, running, jumping/landing, twisting, cutting, rolling, sudden stops, or turning your ankle. Symptoms include swelling, pain, discoloration, and difficulty moving the ankle.

### Treatment

Initial treatment of an ankle sprain is aimed at reducing pain and inflammation by applying P.R.I.C.E. (Protect, Rest, Ice, Compression, Elevation). Once pain has decreased, gentle range-of-motion exercises, stretching and balance exercises can be applied. Taping and bracing can also be used to provide additional support.

### Prevention

1. Have shoes that are in good shape, fit properly, and provide adequate support.
2. Be aware of your environment and surfaces.
3. Daily stretching, strengthening, and balance training.
4. Begin with a dynamic warm-up program.
5. Know your limits and listen to your body.

### STRETCHES: HOLD FOR 30 SECS, 3-5 REPS

*Calf (Knee straight)*

*Soleus (Knee bent)*



### BALANCE TRAINING: HOLD 30-60 SECS

*Try with eyes open and closed*

*Single leg balance*

*Balance on uneven surface*

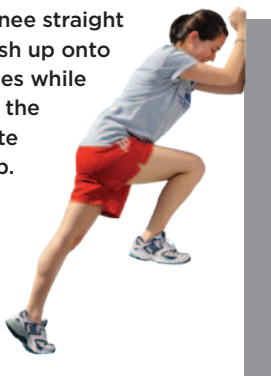


### STRENGTHENING: 2-3 SETS OF 10-12 REPS

*Heel raises*

*Single leg squats*

Keep knee straight and push up onto your toes while driving the opposite knee up.



While balancing on one foot, bend knee while keeping knee tracking over 2nd toe and hips level.



**Please call the Sports Medicine Center for Young Athletes with any questions:  
510-428-3558, option 3**

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