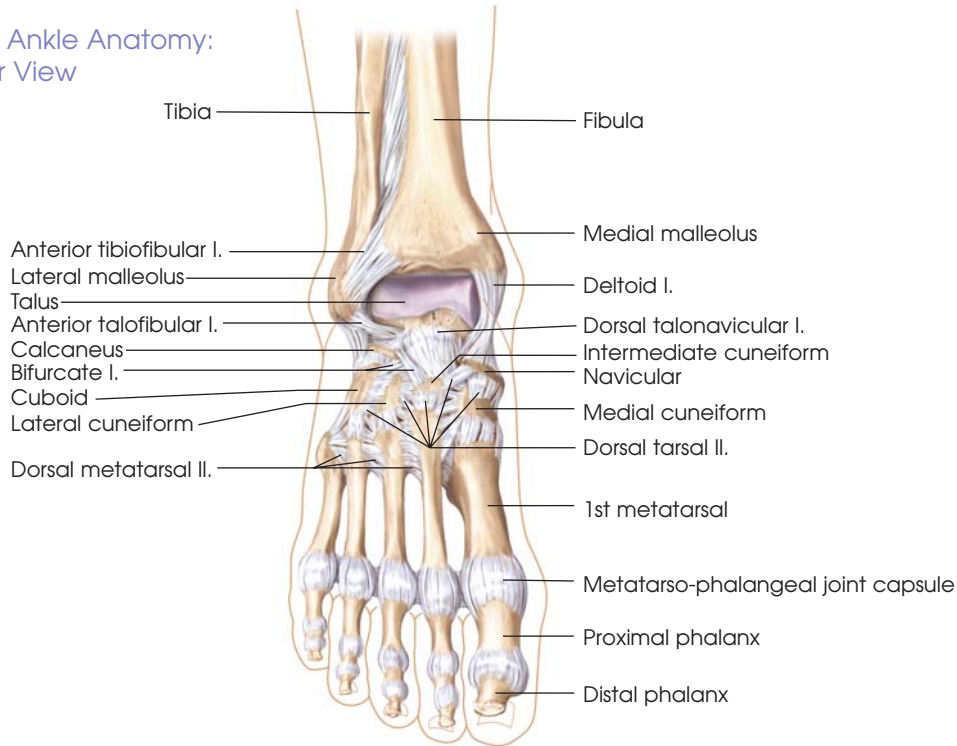


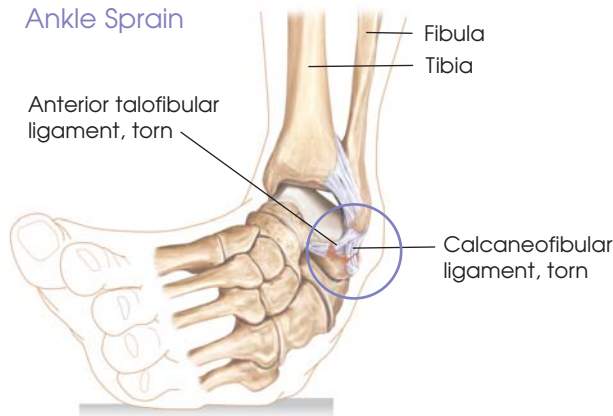
# Ankle Sprain

Normal Ankle Anatomy:  
Anterior View



Key:  
I. - ligament  
II. - ligaments

Ankle Sprain



**Ankle Sprain** is an injury that occurs when the ankle twists causing ligaments to be stretched or torn. There are 3 grades of sprains depending on their severity, ranging from Grade I with minimal damage to the ligament to Grade III, which is a complete tearing of a ligament and extreme looseness of the joint. A sprained ankle can cause pain, swelling, discoloration or difficulty moving about the ankle.

## Common Treatment Options

- Rest the ankle.
- Apply ice packs to the ankle for 20-30 minutes every 3-4 hours for the first 2-3 days until the swelling decreases.
- Wrap bandages around the ankle to manage the swelling.
- Elevate the ankle above heart level on a pillow or cushion.
- Your doctor may prescribe or recommended pain medication such as acetaminophen or an anti-inflammatory such as ibuprofen or naproxen.
- Wear an ankle brace for support.

