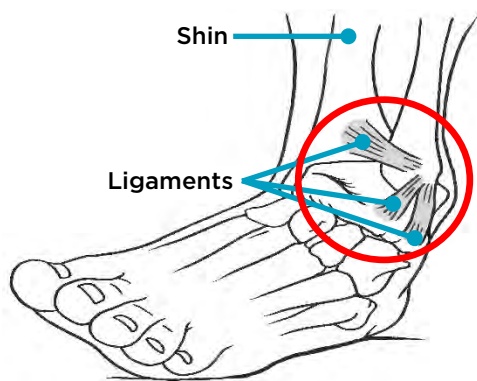


Ankle Sprain



Your child is diagnosed with an ankle sprain. Ankle sprains are one of the most common sports injuries. A sprain occurs when ligaments in the ankle stretch or tear, usually due to twisting or turning the ankle.

Symptoms include:

- Swelling
- Bruising
- Pain
- Skin in the area is hot or cold to touch
- Limited motion of the foot and ankle
- Inability to put weight on that foot

Follow these **PRICE** treatment steps at home to help relieve the pain and protect the sprain:

Protection. You may brace or splint your child's ankle, or put it in a boot.

Rest from activities that cause pain or limping. Your child may have to use crutches to walk without pain.

Ice. Apply ice packs to the ankle for 15 to 20 minutes 3 to 5 times a day for the first 1 to 3 days.

Compression. Wrap an elastic bandage around your child's ankle to decrease swelling. Loosen the wrap if the toes turn blue or feel cold.

Elevation. Have your child elevate the ankle above heart level by lying on a couch with pillows under the foot.

Your child should avoid any activities that put pressure on the foot. This includes running, jumping, twisting or moving of the ankle, tight-fitting shoes, and activity that causes pain.

To Learn More

- Sports Physical Therapy
206-987-6400
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Early exercises for ankle sprains

Begin the following exercises until your child's visit with a physical therapist. Exercises should be pain free. If pain worsens, stop the exercises. These exercise pictures show a nylon belt, but your child may use a towel at home.

Ankle pump

1. Lie on back with foot elevated above your heart.
2. Move the foot up and down.

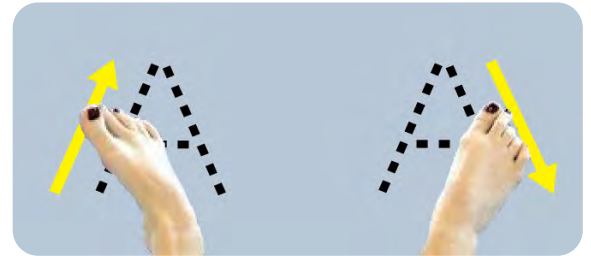
Do 10 repetitions,
3 to 5 times a day.



Ankle alphabet

1. Move the foot and ankle, spelling the alphabet slowly.
2. Move through entire pain-free range without moving the hip or knee.

Do 2 full sets of alphabets,
2 to 3 times a day.



Calf stretch with towel

1. Sit on a hard surface with the leg stretched out in front.
2. Wrap a towel around the ball of the foot and pull the towel until a calf stretch is felt.
3. Keeping the knee straight, hold for 30 seconds.

Do the stretch 3 to 5 times a day.

