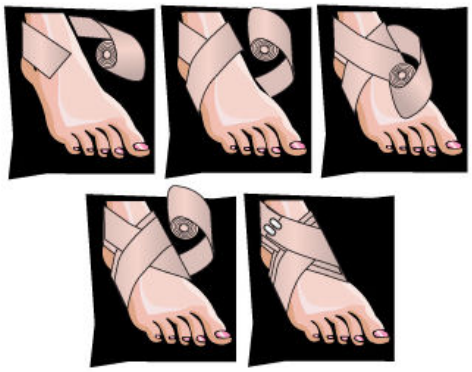
Ankle Sprain

An ankle sprain happens when the ligaments that hold the ankle joint together stretch or tear. Sometimes it is called a "twisted" ankle.



HOME CARE

- Walk as little as possible for the first 2 days.
- Use crutches if your doctor prescribes them.
- Use crutches until you or your child can walk without pain.
- Put ice on the ankle for 20 minutes, 3 to 4 times a day.
  - Put ice in a plastic bag.
  - Place a towel between the skin and the bag.
  - You may stop icing when the puffiness (*swelling*) goes down.
- Keep the leg up (*elevated*) when sitting.
- Use an elastic wrap, tape, or splint for support.
  - Take the wrap, tape, or splint off if the toes turn cold or bluish.
- Only take medicine as told by your doctor.
- It may take weeks before you or your child can walk without pain.

GET HELP RIGHT AWAY IF:

- The toes are numb or blue.
- There is more pain after 3 days.
- The lower leg is puffy, tender, or red.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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