Stirrup Ankle Brace

Stirrup ankle braces give support and help stabilize the ankle joint. It is 2 rigid pieces of plastic or fiberglass that go up both sides of the lower leg. The bottom of the stirrup fits under the foot. The brace can be held on with Velcro straps or an elastic wrap. Stirrup ankle braces are used to support the ankle following:

- Sprains.
- Strains.
- Cast removal.

They can be easily removed or adjusted if there is swelling.

If you were given the brace today for a new injury, use the following home care as a guide.

HOME CARE

- Apply ice to the sore area for 15 to 20 minutes, 4 times per day while awake for the first 2 days. Put the ice in a plastic bag. Place a towel between the bag of ice and your skin. Never place the ice pack directly on your skin. Be careful using ice on an elbow or knee or other bony area. Icing for too long may damage the nerves which are close to the surface.
- Keep your leg elevated when possible to reduce swelling.
- Wear your splint until you are seen for a follow-up examination. Do not put weight on it. Do not get it wet. You may take it off to take a shower or bath.
- For Activity: Use crutches for 1 week. Then, you may walk on your ankle as instructed. Start slow when putting weight on the affected ankle.
- Continue to use crutches or a cane until you can stand on your ankle without pain.
- Wiggle your toes in the splint several times per day if you are able.
- The splint is too tight if you have numbness, tingling, or if your foot becomes cold and blue. Adjust the straps or elastic bandage to make it comfortable.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your doctor.

GET HELP RIGHT AWAY IF:

- You have increased bruising, swelling or pain.
- Your toes are blue or cold and loosening the brace or wrap does not help.
- Your pain is not relieved with medicine.

MAKE SURE YOU:

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

Document Released: 12/06/2010
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