

Acute Ankle Sprain

What is it?

An ankle sprain happens when you roll your foot, stretching or tearing the ligaments on the outside of the ankle. It causes immediate pain and swelling, but ligaments heal very well with the right balance of protection and early movement.

"PEACE & LOVE" (Protection, Elevation, Avoid Anti-inflammatories, Compression, Education & Load, Optimism, Vascularisation, Exercise).

Advice

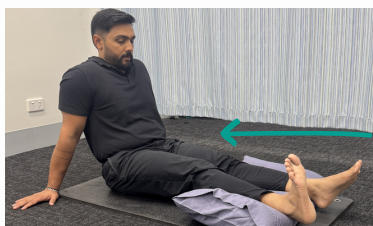
- **Weight Bear Early:** Unless you cannot walk, try to put some weight on it as tolerated (with crutches if needed).
- **Compression is King:** A tubigrip or compression bandage helps swelling more than ice after the first 48 hours.
- **Shoes on:** Wear supportive lace-up shoes even inside the house to act as a splint.

Early Management Exercises

- **Ankle Alphabet:** Use your big toe to "draw" the alphabet in the air.



- **Calf Pumps:** Lie down and pump feet up and down briskly to assist circulation.



- **Toe Towel Scrunches:** Sit and use toes to scrunch a towel on the floor.



Prevent weak ankles and future sprains. Book in now to restore full stability and confidence in your movement so you can get back to sport safely.