



ANKLE SPRAIN ADVICE SHEET



WHAT IS ANKLE SPRAIN?

When you roll your ankle, ligaments on the inside and outside of your ankle can become overstretched. Ligaments are fibrous bands that stabilise and prevent excessive movement of the ankle joint during activities such as walking, running, jumping and whilst playing sport.

SIGNS AND SYMPTOMS

- Pain and swelling through the inside or outside of the ankle
- Pain when taking weight through leg, causing a limp
- Sensation of ankle "giving way"

HOW PHYSIO CAN HELP YOU?

An ankle strain not rehabilitated effectively can become a long-term issue. Your physio can help by diagnosing which ligaments are injured from your sprain and come up with a treatment plan to help you regain balance and strength of your ankle, to allow you to return to your usual sporting activities as fast and safely as possible.



- ✓ Ice for 20mins every 2hrs.
- ✓ Elevate and compress around the affected area
- ✓ Minimise excessive walking, running and jumping initially..
- ✗ Aggressively stretching the ankle
- ✗ Return to sports before your ankle is rehabilitated

Do's

Don'ts

Consult your physio for a personalised program to fit you

