

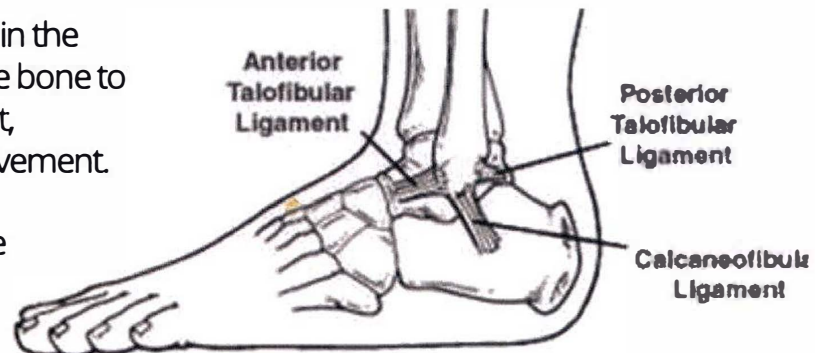
Basso Foot & Ankle Clinics

Ankle Sprain

What Is an Ankle Sprain?

An ankle sprain is an injury to one or more ligaments in the ankle. Ligaments are bands of tissue that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement.

Some ankle sprains are much worse than others. The severity of an ankle sprain depends on whether the ligament is stretched, partially torn, or completely torn, as well as on the number of ligaments involved. Ankle sprains are not the same as strains, which affect muscles rather than ligaments.



Symptoms

- Pain or soreness
- Swelling
- Bruising
- Difficulty walking
- Stiffness in the joint
- Sometimes pain and swelling are absent in people with previous ankle sprains. The ankle may feel wobbly and unsteady when they walk

Treatment

- An untreated ankle sprain may lead to chronic ankle instability, the ankle may feel like it “gives”
- Fractures of the bones in the foot or ankle can occur when there is an ankle sprain
- Rehabilitation of a sprained ankle needs to begin right away. For proper healing

Diagnosis

Radiographs (Xrays) or MRI may be necessary in conjunction with a physical examination.

Non-surgical Treatment:

- **RICE (rest, ice, compression, elevation)** - Rest ice pack to the injured area, placing a thin towel between the ice and the skin. Use ice for 20 minutes. Compress an elastic wrap for swelling. Lastly, elevate your foot.
- **Physical Therapy** - Your doctor will start you on a rehabilitation program as soon as possible to promote healing and increase your range of motion. This includes doing prescribed exercises.
- **Medications.** To control the inflammation

When Is Surgery Needed?

In more severe cases, surgery may be required repair the damaged ligament or ligaments. Or if there has been a fracture to repair the broken bone.