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## HealthSheets™

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PATIENT EDUCATION

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- Foot and Ankle Exercises: Bent-Knee Calf Stretch
- Foot and Ankle Exercises: Single-Leg Heel Raise
- Glossary of Pediatric Orthopaedic Terms
- R.I.C.E.
- Self-Care for Strains and Sprains
- Treating Strains and

## Treating Ankle Sprains

Treatment will depend on how bad your sprain is. For a severe sprain, healing may be slow.

### Right After Your Injury: Use R.I.C.E.

**Rest:** At first, keep weight off the ankle as much as you can. You may be given crutches to help you walk without putting weight on the ankle.

**Ice:** Put an ice pack on the ankle for 15 minutes. Remove the pack and wait at least 30 minutes. Repeat for up to 3 days. This helps reduce swelling.

**Compression:** To reduce swelling and keep the joint stable, you may need to wrap the ankle with an elastic bandage. For more severe sprains, you may need an ankle brace or a cast.

**Elevation:** To reduce swelling, keep your ankle raised above your heart when you sit or lie down.

### Medication

Your doctor may suggest an oral anti-inflammatory medication, such as ibuprofen, and helps reduce any swelling. Be sure to take your medication as directed.

### Contrast Baths

After 3 days, soak your ankle in warm water for 30 seconds, then in cool water for and forth for 5 minutes. Doing this every 2 hours will help keep the swelling down.



Sprains

What Are Ankle Sprains?

When Your Child Has a Strain, Sprain, or Contusion

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### Exercises

After about 2-3 weeks, you may be given exercises to strengthen the ligaments ankle. Doing these exercises will help prevent another ankle sprain. Exercises may include pulling your toes toward you and then on your heels and doing ankle curls.

### Ankle Curls

- Sit on the edge of a sturdy table or lie on your back.
- Pull your toes toward you. Then point them away from you. Repeat for 2-

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