

SURVIVAL GUIDE

for Sprained Ankles



REST

Get off your feet & discontinue any activity that makes your ankle hurt.

WHY? Resting your ankle removes risk of further damage, allowing the injured tissue time to heal.



ICE

Ice as soon as possible after the injury occurs. Whether using an ice pack or a bag of peas, take care to protect the skin.

RECIPE FOR EFFECTIVE ICING
Ice 3-4 times a day, for 15 minutes each time.

WHY? Cold temperatures reduce pain & swelling by constricting blood vessels near your injury.



COMPRESSION

Wrap your ankle in a supportive elastic wrap or bandage.

WHY? Compression reduces swelling by limiting the blood flow to your ankle. A bandage also protects your skin from frostbite while icing.



ELEVATE

For the most effective relief, remember: *Toes to the Nose*.

WHY? Elevating your ankle above the level of your heart reduces blood flow, which decreases swelling.

When should I see a doctor?

See an Orthopaedic Foot & Ankle specialist if...

SCHEDULE AN APPOINTMENT
DMG Orthopaedics Foot & Ankle
P 630-790-1872



5-7 DAYS PASS WITHOUT RELIEF

If you apply the RICE method for 5-7 days with no relief, you should see an orthopaedic specialist.

Seek immediate medical attention if...

DMG Immediate Care
P 888-693-6437



YOU CAN'T BEAR WEIGHT

If you can't bear weight on your ankle, seek immediate medical attention; an X-ray may be in order.



YOU HEARD A POPPING SOUND

If you heard a popping sound when the injury occurred, do not wait to seek immediate medical care.



YOU ARE DIABETIC

Diabetic patients with foot and/or ankle pain or injuries should seek immediate attention due to reduced ability to sense foot pain.