**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 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.

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**When should I see a doctor?**

**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.

**DMG Orthopaedics Foot & Ankle**  P 630-790-1872

**SEEK AN APPOINTMENT**

DMG Orthopaedics Foot & Ankle

**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.