NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Ankle Sprains

An ankle sprain is an injury to the ligaments, the strong bands that connect bones and steady the joint. Rolling or twisting your ankle can cause pain, bruising, and swelling. Symptoms alone cannot reliably separate a severe sprain from a fracture.

Have a concerning injury assessed

Seek prompt care if you cannot bear weight, have severe pain, or have marked swelling. Your clinician may recommend X-rays after examining the injury. Go to an emergency department for an ankle that looks deformed or a foot that becomes cold, blue, or numb.

Protect the ankle early

Stop the activity that caused the injury. A wrapped cold pack and raising the ankle can help with swelling. Your clinician can advise whether you need a brace, boot, crutches, or a compression wrap and how much weight you may put on the foot.

Build back movement and balance

Recovery includes movement, strength, and balance work as the ankle tolerates it. Returning to cutting, jumping, or uneven ground too soon may lead to another injury. Ask for a rehabilitation plan suited to your sprain and sport.

Arrange follow-up if pain persists, walking remains difficult, or the ankle keeps giving way.

Related reading

- Ankle Arthritis
- Foot Strains

Sources and further information

- AAOS: Sprained ankle
- NHS: Sprains and strains

This handout provides general education. Your treating clinician can explain how it applies to your injury.