

Ankle Sprain



What causes an ankle sprain?

- A sprain can occur when the joint is forced to move out of its normal position causing the ligaments to stretch or tear
- An sprain might occur from twisting, pivoting, or rotation of the ankle

Will my pain go away?

- Most people with an ankle sprain get better within a few months
- Treatment can reduce pain and help improve function

What can I do?

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within moderation)

Potential treatment options to discuss with your healthcare provider

- Home-based exercise program
- Mobilization
- Cryotherapy (grades I/II ankle sprain)
- Semi-rigid brace, boot, or walking cast (grades I-III ankle sprain)

Contact your healthcare provider if you experience any of the following

- Dislocation
- Significant, unexplained weight loss
- Fever
- Red, hot, swollen joints
- Aching joints
- Catching or instability of the ankle joint
- Night-time pain or awakening due to pain

[Côté P, et al. and the OPTIMa Collaboration. Enabling recovery from common traffic injuries: A focus on the injured person. Section 7.2. Management of ankle sprains. UOIT-CMCC Centre for the Study of Disability Prevention and Rehabilitation. January 31, 2015.](#)

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