



Ankle Sprains and Strains

Soft tissue injuries should be treated as soon as possible to reduce swelling and inflammation. A simple recipe can be followed at home to achieve this. All you have to do is to remember the word RICE.

The letters stand for Rest, Ice, Compression and Elevation.

Rest the injured ankle for the first 24 hours after injury.

Ice helps reduce swelling and relieve pain. Use a packet of frozen peas wrapped in a damp tea towel and mould to the injured ankle for 10 minutes, repeat every 4 hours.

N.B you should get a nice cold pink area after ice and not a long lasting redness or blistering which is a sign of an ice burn.

The ankle may feel more comfortable in a supportive bandage or tubigrip. Apply temporarily to compress the swelling ensuring it is wrinkle free and not too tight. After 24 hours, remove the bandage at night and discontinue use altogether after a few days.

To prevent further swelling, elevate the whole limb. Simply pop your leg up on a footstool.

Start gentle movements of the ankle as soon as you feel able, certainly after 24 hours. Increase ankle movements (up & down and around in circles) so that a gentle stretch is felt – for a few minutes, 4 – 5 times a day.

5 days after injury, you should try to walk normally without limping.

For any serious injury, you need to consult your G.P or a physiotherapist.