



ALASKA NATIVE MEDICAL CENTER



ANKLE

Diagnostic/Treatment Recommendations:

- Ankle sprains are ligament injuries, usually laterally, caused by traumatic twisting of the ankle.
- Tenderness and swelling are usually distal to the tip of the fibula.
- First aid consists of ice, elevation, protected weight bearing, and compression (RICE).
- Ankle rehabilitation is critical to restore function and minimize recurrence (see pamphlet).
- OTC ankle braces can be helpful in the early recovery period and during sports.

Patient Handouts:

- Ankle Sprain Pamphlet.
- Foot Fact Sheets, Booklets and Brochures.

Referral Guidelines:

- Refer for severe sprains or those not responsive to simple conservative treatment.
- Please obtain radiographs of the ankle (AP/Lat/Mortise) to rule out fractures.
- Refer for ankle sprains which are still painful 8 weeks after injury.