

## **Ankle Sprain**

An ankle sprain usually occurs when the ankle twists, causing the ligaments to stretch or tear. Typical symptoms include:

- Sudden pain on the outer side of the ankle (most common)
- Swelling and sometimes bruising
- Limited or painful movement of the ankle
- Difficulty walking or limping

### **Seek emergency medical assessment if:**

- You are unable to put any weight on the foot, or walking is very difficult and painful
- You suspect a fracture – in such cases, the ankle may appear deformed or be very unstable

### **Follow-up care:**

- Begin gentle movement as soon as the pain allows – this promotes healing
- Keep the leg elevated above heart level, especially when resting
- Apply a cold pack or ice pack (not directly on the skin) for 15–20 minutes at a time. Repeat a few times a day during the first 2–3 days
- Use an elastic bandage or ankle support to help manage pain and swelling
- Mild sprains usually heal within 1–2 weeks. If the pain around the ankle does not improve day by day or gets worse, seek a new medical evaluation. It could be a fracture or there may be associated tendon injuries.
- Rehabilitation exercises (for mobility, balance, and strength) are important to prevent instability or future injuries to the ankle.