

Ankle Sprain

Timeline

An acute ankle sprain is impactful because of pain and swelling. Did you know that the risk of a re-sprain is twice as high in the first year ?!



TREAT + LOAD DAY 1

After a sprain, often there is swelling and a bruise. A sign that the ligaments are injured.

- Apply ice for 10 to 20 minutes for pain relief 3 times a day
- Rest your ankle a few hours until the pain eases
- Try to load your ankle as soon as possible (<24 hours)
- If in doubt, consult a doctor or a physiotherapist

LOAD + PROTECT WEEK 1 - 8

When you load your ankle in daily life, protect your recovering ankle ligaments with tape or a brace.

Benefits of an ankle brace:

- Fast application
- Lasts longer than tape
- Long term cost benefit over tape
- Lower chance of skin irritation versus tape

TRAIN + TAPE/BRACE 2 MONTHS - 1 YEAR

Finally you're back in training! But beware! During sport, you're twice as likely to re-sprain your ankle for at least one year!

- Balance training reduces risk of a re-sprain by 40%
- Bracing during sport reduces risk by 80%
- Tape is more time consuming and expensive than bracing, but also does the trick

85% are the
outer ligaments

680,000
anually

50% during
sports

67% are a
First Ankle Sprain

33% are a
Re-Sprain

The risk of a
Re-Sprain
is twice as high
for over a year



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