



Acute Ankle Care

_____ **1. Ice**

Apply a bag of ice to the swollen area for 20 minutes, every 2 hours. Elevate your ankle while you are applying the ice bag.

_____ **2. Elevation**

Rest with your foot elevated and supported 1-2 feet higher than your heart as often as possible. Most importantly, elevate while you sleep at night.

_____ **3. Range of Motion**

Move your ankles through a PAIN-FREE range of motion by pointing and flexing your foot. Repeat up and down 10-20 times, 4-6 times/day.

_____ **4. Stretch**

Sitting on the floor with your legs extended in front of you, loop a towel across the bottom of your forefoot. Grasp the ends of the towel in your hands and pull your foot back gently keeping your heel on the floor. Hold for 30 seconds then release and repeat 5 times. You should feel a stretch in your calf.

Repeat the exercise with your knee bent at a 90° angle and your heel resting on the floor. You should feel this stretch lower in your Achilles tendon.

_____ **5. Ace Wrap**

Keep the Ace wrap on during waking hours only. Apply the wrap by starting near your toes and moving in a circular motion towards your shin.

_____ **6. Crutches**

Remember to use your injured foot with the crutches: Simulate a normal heel to toe walking pattern, but support your weight with the crutches.

_____ **7. Recheck**

Return to the Health Center to have your ankles examined on: _____.

_____ **8. Therapy**

Call the Physical Therapy/Sports Medicine Department at 346-4401 and schedule an appointment for therapy.