

In need of an aid?

If you after discharge or ended emergency room treatment find you are in need of an aid to manage your daily activities at home (e.g. toilet, bath), please contact your home municipality.

Questions

You are quite welcome to contact Skadetelefonen on tel. 1818 or your own GP, if you are in doubt of any aspect of the treatment.

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No. 6., May 2023

ENG

Ankle sprain

Holbæk Sygehus, Akutafdelingen



REGION SJÆLLAND
HOLBÆK SYGEHUS
- vi er til for dig

You have been treated for a sprained ankle. You must now continue the treatment at home and therefore be aware of the following:

The first treatment is to calm the inflammation and control the swelling and pain. This can be managed with the 'RICE' treatment (**R**est, **I**ce, **C**ompression, **E**levation and mobilization).

Rest: Rest will help prevent further injury and allow the healing process to begin. Rest as much as possible for the first 2 days.

Ice: Make an ice pack by wrapping a small bag of frozen peas or crushed ice cubes in a damp towel. Put the ice pack on your injured ankle for max 20 minutes every 3-4 hours during the first 24-48 hours after your injury. The towel will prevent frostbite.

Compression: Wrap the ankle with an elastic medical bandage. You want it to be snug but not too tight. Remove the bandage at night.

Elevation: Raise your foot, if possible above the level of your heart. When lying down, prop your leg up on pillows. When sitting you can place your leg on a table/chair. In this position, you must once an hour flex and turn your foot in circles as much as you can.

Mobilization: It is important, that you put weight on your injured foot

from day one – the first couple of days, within your pain threshold. If you have borrowed crutches, it is important that you still try to walk normally, with your heel striking the floor first, then rocking forward on your foot and pushing off with your toes. Your crutches must only be used as support (not many sprains require crutches).

What is a sprain?

Your ankle joint connects your foot with your lower leg. Three ligaments keep your anklebones from shifting out of place. A sprained ankle is when one of these ligaments is stretched too far or torn. This will often cause swelling and pain when putting weight on your foot. Bruising can also occur. Symptoms can last from 1-4 weeks, depending on how severe it is, but can sometimes last longer.

It is important that the injury be treated correctly from the beginning, followed by the correct exercises, to regain normal function of the foot as quickly as possible.

Painkillers

Over-the-counter medicine like e.g. Panodil/Paracetamol, possibly taken with Ipren. Dose according to instructions on the packets.

Later

When the pain and swelling have decreased (after 2-6 days), you

must be more active and walk further. It is important, that you try to walk normally. Continue the use of elastic medical bandage. As long as your foot is swollen, you must continue elevating it. If your ankle sprain does not improve within a week or two, contact your GP.

Exercise can prevent new sprain

Your exercise can start when the swelling has decreased, but exercises may only cause mild pain. The goal is to reach the same mobility, stability and strength as before the injury. Avoid twisting your ankle again as repeat spraining may cause chronic injuries and pain. Therefore, do not walk in uneven terrain and wear sensible footwear.

Balance board

Exercising on a balance board (available in sports shops) is very effective, especially for ankle injuries. When using a balance board, you practice balance, coordination and strength. You can perform all exercises on bare feet, with a slight bend in the knees and without holding on to anything:

Stand with parallel feet on the board, as wide as possible

- Press the edge down and move around the entire edge of the board in a smooth clockwise motion. Then repeat counterclockwise
- Tilt back and forth and from side to side
- Place your injured foot in the centre of the board and hold the board in a horizontal position.
- Gradually perform the exercises with your eyes closed

To achieve a good result, train for at least 3 months, for 10 minutes 5 times a week. If problems occur during the training process, you must contact your GP.

Good advice on training and sports

You can start running when you feel no pain during exercise. You can start working out/sports when the ankle is free of pain and swelling.

We recommend that you use a support bandage, elastic bandage, sports tape and the like until you are sure your foot is strong enough. Read more about injury and rehabilitation at www.sportnetdoc.dk.