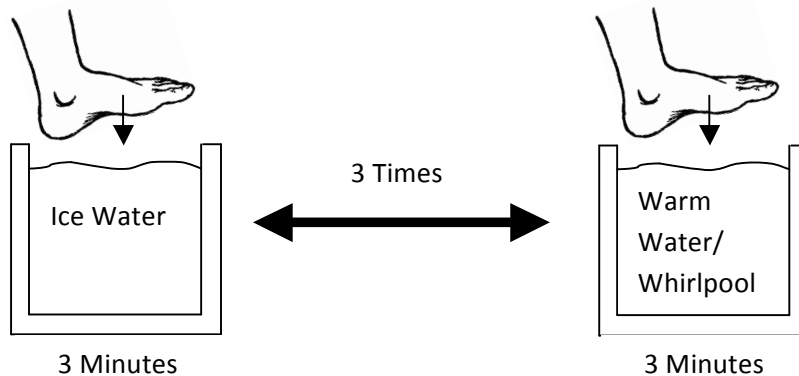


Treatment of Ankle Sprains (based on soft tissue swelling)

- Phase I Initial Treatment (first 3-5 days)
1. Rest, Ice, Compression with ACE wrap or splint, Elevation (RICE)
 2. Ice 20-30 minutes every 3-4 hours
 3. Monitor swelling
 4. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) i.e. Aleve, Ibuprofen
 5. Crutches; Weight bear as tolerated

- Phase II Start Contrast Baths when swelling has maximized and starting to resolve (usually 3-5 days after injury)

Contrast Baths & the "Rule of 3's"



1. Start by placing ankle in ice water for 3 minutes, then in warm water for 3 minutes.
2. While in warm water, move ankle by drawing letters and numbers on bottom of tank.
3. Repeat steps 1 and 2 by going back and forth from ice water to warm water 3 times; always working on motion while in warm water
4. Do above steps 1-3 (Contrast Baths) THREE times per day.
5. "Rule of 3's": 3 minutes, 3 times in each bucket, 3 times per day.
6. Continue Elevation, NSAIDs, and wean from crutches as tolerated.

- Phase III Swelling Resolved (usually 7-10 days after injury)
1. Once swelling has resolved, discontinue the ice water.
 2. Continue with warm water soaks or whirlpools and range of motion exercises until full motion has returned to the ankle.
 3. Begin stretching and strengthening exercises, i.e. heel and toe raises, towel slides and Theraband.