

# Ankle Sprain

Following your visit to the **Brisbane Northside Emergency Centre**, the doctor is happy that you are well enough to go home. This fact sheet will provide you with additional information to assist you with your recovery.

## Warning signs

Please return to the **BNE** or see your GP if you experience any of the following:

- Severe pain unrelieved by simple pain killers
- If the injured limb becomes cool compared to the normal limb
- If the injured limb becomes increasingly swollen or painful
- If the injured limb feels numb or has 'pins and needles'
- If the injured limb becomes dusky or blue in colour

*Please call us or return to our centre if you have any concerns. Alternatively, your general practitioner has received information regarding your visit to **BNE** and can address any concerns you may have.*

## What is ankle sprain

A sprain is an injury to the ligaments in or near the joint. Ligaments are strong bands of tissue that connect one bone to another. In a sprain the ligaments may be overstretched, twisted or partially or fully torn.

## How to treat a sprain

### Rest

Avoid unnecessary activity for the first week, then slowly return to normal activity. **Do NOT** put any weight through the affected limb in the first 24 to 48 hours. It is advisable after this to move your ankle through its range of movement as much as possible.

### Ice

Apply ice to the injury for 20 minutes each hour for the first 1 to 2 days when possible.

### Compression

A compression bandage/Tubigrip will be applied to the injured limb before you go home. This can be removed for bathing and then reapplied.

### Elevation

Keep the injured limb elevated on 1 or 2 pillows when sitting or lying down for 24 to 48 hours post injury.

### Physiotherapy

It is advisable for you to visit a physiotherapist as soon as possible. Physiotherapy will reduce swelling, strengthen muscles and return the limb to normal function sooner. They will also give you strengthening exercises to do at home.

## How to manage the pain

Rest, ice, compression and elevation will help reduce swelling and pain.

Simple analgesics can be purchased at any chemist. Take as directed on the packet. Common analgesics include Panadol, Panadeine, and Nurofen.

Note that any medication containing codeine or other opioids will cause constipation and other side effects and should not be used in excess.

If the pain is not relieved by these over the counter medications you need to return to **Brisbane Northside Emergency** or seek advice from your GP.



**OPEN 24 HOURS. 7 DAYS**

**627 Rode Road Chermside**

*Located between The Prince Charles and Holy Spirit Northside Private Hospitals.*

**[www.emergencyBNE.com.au](http://www.emergencyBNE.com.au)**