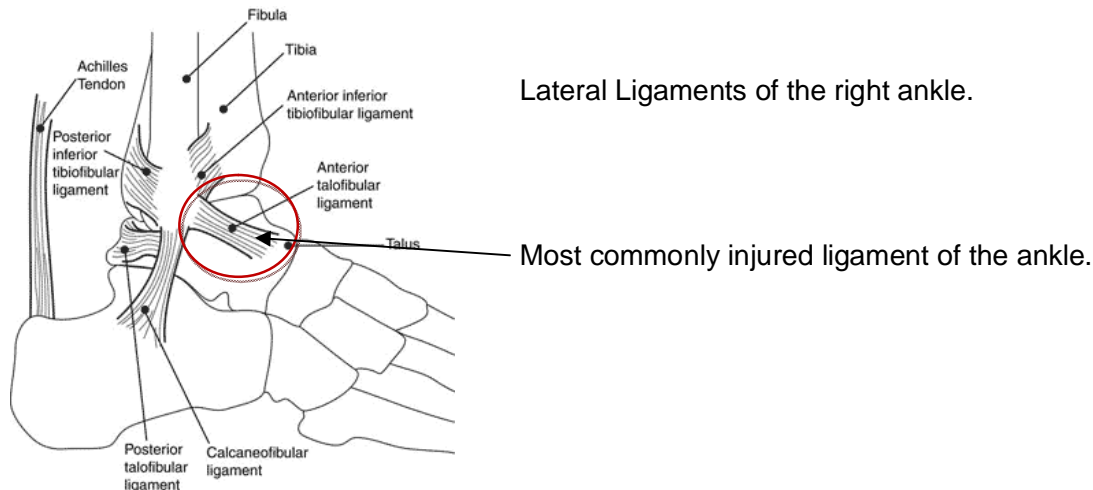


## ANKLE INJURY

### Lateral Ligament Injury (rolled ankle)

The lateral aspect (outside) of the ankle has three major ligaments holding the outer side of the joint together. If you injury one or more of these lateral ligaments you will be experiencing pain, swelling and you may be caused to stop sport.



The most common way to damage your lateral ligaments occurs when the foot and ankle are forcibly rolled inwards. This may happen during rapid change of direction, on uneven surfaces or treading on a ball or an opponents foot.

If you suspect that you have injured one of your ankle ligaments you should stop sport immediately, apply the **RICE** regime and contact your nearest health professional.

Although pain and swelling is a normal part of the initial body's response to injury it is believed that limiting excessive swelling is beneficial in good management of the common ankle sprain.

**RICE** is the acronym for **Rest, Ice, Compression and Elevation**. Rest is usually relative to pain, and amount of swelling in may be okay to walk with the aid of crutches but you should rest from sports. Ice should be applied via a cold pack or crushed ice making sure that you have a cold barrier between the pack and your skin to avoid burning. Ice should be applied for 15 to 20 minutes every two hours for the first 24-48 hours after initial injury.

A Compression bandage should be applied to the whole foot and approximately 10cm above the ankle. Apply the bandage firmly but not to occlude blood flow and should be removed if causing extra pain. Elevation of the whole limb is important to limit excessive pooling of swelling around you ankle. The ankle needs to be elevated above the level of your heart.

### Treatment for a Lateral Ligament Injury

Although most ankle injuries will heal there is very good reason to have your health professional assess and prescribe a program to rehabilitate you ankle back to pre-injury levels. Exercises that strengthen and re-educate your balance are very important in preventing re-injury. Taping and braces may also be used to help manage your ankle injury.