

# TREATMENT OF ANKLE SPRAINS

## A. CONSERVATIVE TREATMENT

- Rest, Ice, Elevation
- Protective Ankle Bracing
- Strengthening Exercises
- Oral Anti-Inflammatory Medication

### CONTINUE PATHS AFTER 2-3 WEEKS

- MRI to rule out cartilage injury
- Cortisone injection to relieve residual inflammation

### CONTINUED PATH > 1 MONTH

- Arthroscopic elevation of ankle and clean out of joint

### ANKLE INSTABILITY

- Surgical repair of torn ankle ligaments



**Family Foot & Ankle Specialists**  
12 Wills Way, Piscataway, NJ 08854 732-968-3833  
349 Route 206 STE J, Hillsborough, NJ 908-874-8030  
[www.stopfootpainfast.com](http://www.stopfootpainfast.com)



**Family Foot & Ankle Specialists**  
**12 Wills Way, Piscataway, NJ 08854 732-968-3833**  
**349 Route 206 STE J, Hillsborough, NJ 908-874-8030**  
**[www.stopfootpainfast.com](http://www.stopfootpainfast.com)**