

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



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