



Article Link: <http://firstaid.webmd.com/ankle-sprain-treatment>

First Aid & Emergencies



Ankle Sprain Treatment

Go to the emergency room if: Pain, bruising, or swelling is severe, the ankle looks deformed or seems dislocated, or the person can't put any weight on the ankle.

1. Control Swelling

Remove ankle bracelets or toe rings.

Do RICE therapy:

Rest the ankle. Use crutches if necessary.

Ice the ankle for 20 to 30 minutes several times a day for the first 2 days.

Compress by wrapping the ankle lightly -- not tightly -- with an Ace bandage or elastic ankle brace.

Elevate the ankle above heart level for the first 48 hours.

2. Manage Pain and Inflammation

Take ibuprofen (Advil, Motrin), acetaminophen (Tylenol), or aspirin for pain.

3. See a Health Care Provider

Make an appointment as soon as possible for any ankle sprain, mild or severe. Do not give aspirin to anyone younger than 18 unless told to do so by a doctor.

Further Reading:

[Are there different symptoms for different ankle injuries?](#)

[Ankle Sprain-Related Information](#)

[Ankle Sprain-Exams and Tests](#)

[Ankle Sprain-Frequently Asked Questions](#)

[Ankle Sprain Basics](#)

[Ankle Sprain-When to Call a Doctor](#)

[Ankle Sprain-Home Treatment](#)

[See All Ankle Pain Topics](#)

WebMD Medical Reference

SOURCES:

American Academy of Orthopaedic Surgeons: "Ankle Fractures."

American Academy of Orthopaedic Surgeons: "Sprained Ankle."

American College of Foot & Ankle Orthopedics & Medicine: "Ankle Sprains."

Reviewed by Robert L. Norris, MD on November 01, 2011
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| Abdominal Pain | Ankle Fracture |
| Abdominal Pain in Children | Ankle Sprain |
| Acetaminophen Poisoning | Anthrax |
| Alcohol Intoxication | Aspirin Poisoning |
| Allergic Reaction | Asthma Attack |