



## Quick Recap

An ankle sprain stretches or tears the ligaments that stabilize the joint. Recovery follows protect-rest-ice care, graded loading, balance retraining, and confidence-building activity to prevent re-injury.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

# Ankle Sprain Recovery

Foot & Ankle Rehab Continuum



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips to ease swelling and rebuild ankle strength at home.

Build a calm daily routine — protect, move gently, and rest at the same times each day. Note any changes and share them with your healthcare providers.

- PRICE in the first 48-72 hours: protect, rest, ice, compress, elevate.
- Ankle pumps and alphabet tracing as pain allows; do them often.
- Gentle towel calf stretch: 30 seconds, 3 times daily.
- Theraband work: eversion, inversion, dorsiflexion, plantarflexion.
- Walk in supportive shoes; avoid uneven ground until cleared.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track pain, swelling, bruising, weight-bearing tolerance, and any popping or locking in the joint.
- Note recurrent giving-way episodes, instability, or new numbness in the foot.

### Good to know

- Most sprains involve the lateral ligaments (ATFL); higher-grade tears need imaging and a longer protected phase.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Footwear: choose laced shoes with firm heel counters; replace worn soles to keep even ground contact.
- Pre-activity warmup: 5 minutes of brisk walking plus calf and peroneal stretches before sport.
- Bracing: lace-up ankle brace for the first months back to cutting sports or uneven terrain.