

## COMPRESSION (2 methods)

### A. ACE WRAP

1. It should be comfortably snug.
2. Remove it before going to sleep.
3. Loosen it if it feels too tight, if there is tingling or pain in your foot or toes, or if it is causing your foot or toes to swell.

### B. ANKLE BRACE

Your clinician may choose to use an ankle brace that provides compression and support instead of or in addition to an Ace wrap.

## ICE (Choose 1 of the two methods)

- A. Apply an ice bag (if necessary, substitute ice cubes or crushed ice in a Ziploc bag or a partially defrosted frozen vegetable bag) for 10-15 minutes every 3 hours while awake. Put a clean wash cloth between the ice bag and your skin to prevent your skin from getting an ice burn.
- B. Immerse your ankle in 12 inches of ice water (approximately 48° F.) for 15 minutes every 3 hours while you are awake. For example: Use a wastebasket and 2 trays of ice cubes.

**CAUTION:** Don't overdo it. Skin damage can occur from over-icing.

## ELEVATION

Elevate your ankle higher than your heart as much as you can. If your ankle is not elevated higher than your heart, blood and fluid

will accumulate, causing more swelling.

## WEIGHT BEARING

1. If your ankle is too painful to walk on, use the crutches provided and do not bear weight on the injured ankle.
2. If it is not too painful to walk on, it is all right to walk on it carefully.

## FOLLOW-UP

1. Make an appointment to return according to clinician's instruction.
2. REHAB EXERCISES: After 5-7 days or when the pain has subsided sufficiently, do one of the "sets" of exercises twice a day for 2-3 weeks (choose from those illustrated on back)

Special Instructions:

---

---

---

---

---

Clinician: \_\_\_\_\_

(See Back for Exercises)



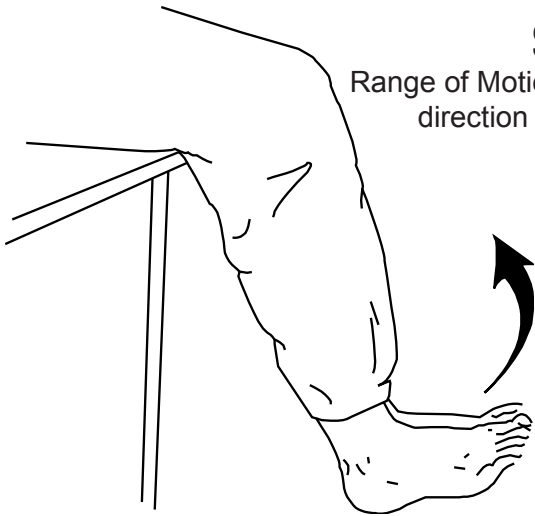
# ANKLE EXERCISE PROGRAM

Do either of the following sets of exercises twice a day.

---

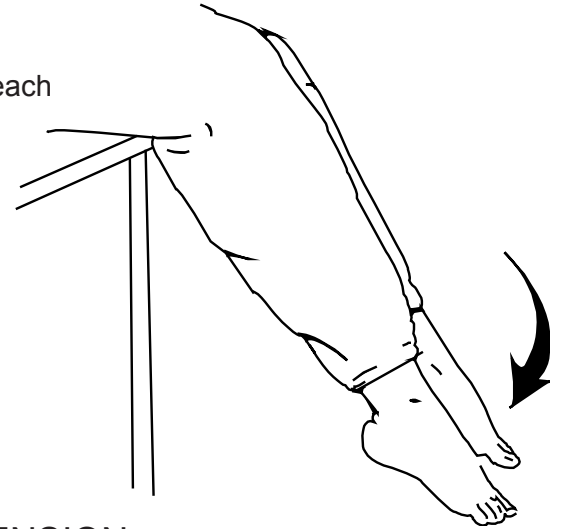
## SET NUMBER 1

Range of Motion Exercises, 15 times in each direction as indicated, twice a day.



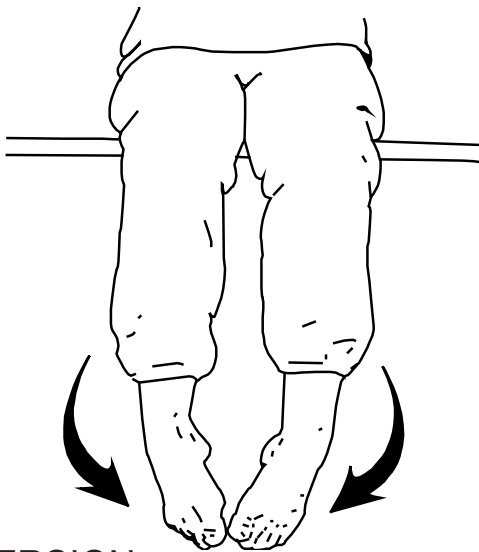
### 1. FLEXION

Slowly pull foot toward pointing ceiling as far as possible; hold for 5 seconds.



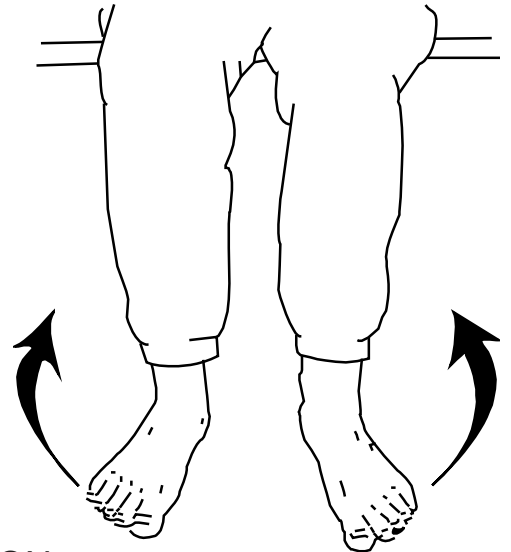
### 2. EXTENSION

Slowly push foot downward pointing toes toward floor as far as possible; hold for 5 seconds.



### 3. INVERSION

Turn soles of feet inward toward each other, keeping legs still.

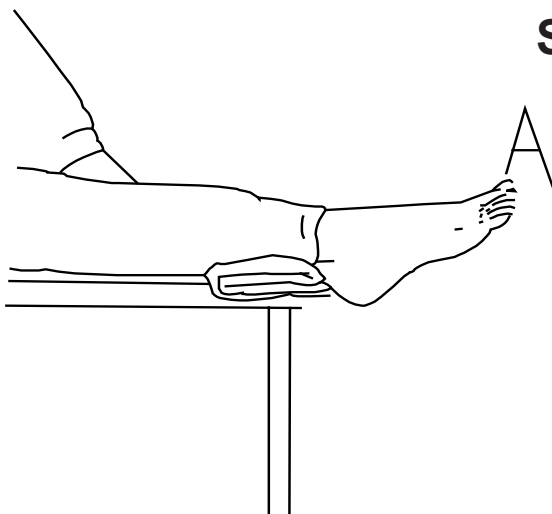


### 4. EVERSION

Turn soles away from each other, keeping legs still

---

## SET NUMBER 2



### ALPHABET WRITING

Sit on table with knee straight and only ankle extended over end of table as shown. Print in capital letters the entire alphabet with foot. Perform full alphabet twice daily