

ANKLE SPRAINS

A PARENT'S GUIDE TO SIGNS, SYMPTOMS, TREATMENT AND PREVENTION

ANKLE SPRAINS

A sprain is an injury to the ligaments around a joint. Ligaments are strong, flexible fibers that hold bones together. When a ligament is stretched too far or tears, the joint will become painful and swell.

CAUSES

Sprains are caused when a joint is forced to move into an unnatural position. For example, "twisting" one's ankle causes a sprain to the ligaments around the ankle.

SYMPTOMS

- Joint pain or muscle pain
- Swelling
- Joint stiffness
- Discoloration of the skin, especially bruising

FIRST AID

1. Apply ice immediately to help reduce swelling. Wrap the ice in cloth – DO NOT place ice directly on the skin.
2. Try NOT to move the affected area. To help you do this, bandage the affected area firmly, but not too tightly. ACE bandages work well. Use a splint if necessary.
3. Keep the swollen joint elevated above the level of the heart, even while sleeping.
4. Rest the affected joint for several days.

Aspirin, Ibuprofen or other pain relievers can help. DO NOT give aspirin to children. Keep pressure off the injured area until the pain subsides (usually 7-10 days for mild sprains and 3-5 weeks for severe sprains). You may require crutches when walking. Rehabilitation to regain the motion and strength of the joint should begin within one week.

WHEN TO CONTACT A MEDICAL PROFESSIONAL

Go to the hospital right away or call 911 if:

- You suspect a broken bone
- The joint appears to be deformed
- You have a serious injury or the pain is severe
- There is an audible popping sound and immediate difficulty using the joint

Call your doctor if:

- Swelling does not go down within 2 days
- You have symptoms of infection – the area becomes more red, more painful, warm or you have a fever over 100 degrees F
- The pain does not go away after several weeks



(CONTINUED ON BACK)

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SPORTS CARE

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ANKLE SPRAINS (CONT.)

PREVENTION

- Wear protective footwear for activities that place stress on your ankle and other joints
- Make sure that shoes fit your feet properly
- Always warm up and stretch prior to exercise and sports
- Avoid sports and activities for which you are not conditioned



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SPORTSCARE AT SSM CARDINAL GLENNON

Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes.

By working with multiple specialists and care partners, we guarantee your child will get the top care that is best suited to treat their unique injury, improving recovery time and outcome. Many of our services are offered in multiple locations so your child can even be treated close to home.




Specialists your child has access to through SportsCare include orthopedists, pulmonologists, cardiologists, radiologists, neurologists, emergency medicine physicians, adolescent medicine physicians, rehabilitation specialists, physical therapists, nutritionists and pediatric psychologists.

Partners your child has access to through SportsCare include SSM Cardinal Glennon Children's Medical Center, SSM Orthopedics, SSM Physical Therapy and SLUCare, the physicians of Saint Louis University.

We also keep kids in the game through educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health. SportsCare is a young athlete's best connection to sports medicine and athletic well-being.

For more information about Cardinal Glennon SportsCare or to find a specialist for your athlete, call us at **314-577-5640** or visit us at cardinalglennon.com/sportscare.



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Expert care for your young athlete by SSM Cardinal Glennon pediatricians and SSM emergency medicine specialists, 24 hours a day in the ER at:

DePaul Health Center
St. Clare Health Center
St. Joseph Health Center
St. Joseph Hospital West