

ANKLE SPRAINS

IDENTIFICATION AND TREATMENT

Treatment

- Ice
- Range of motion exercises as instructed

Pressure Wrap

- Always wear wrap, only remove for ice treatment
- Always apply wrap from distal (far away) to proximal (close in)
- Apply wrap with snug even pressure
- Use joint as normally as wrap allows



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Inversion

- *Step in a hole*
- *Step on someone else's foot*

Grade 1

- No pop or snap
- Very localized swelling
- Pinpoint tenderness
- Joint tight to manipulation
- Full strength and range of motion (ROM)

Grade 2

- Pop or tearing sensation
- Diffuse swelling
- Mild/Mod. Ecchymosis
- Diffuse moderate tenderness
- Mild/moderate joint laxity
- Decreased strength and range of motion (ROM)

Grade 3

- Pop and/or tearing sensation
- Pain over entire lateral ankle
- Very diffuse swelling; some on medial side
- Severe ecchymosis
- Diffuse, severe tenderness
- Moderate joint laxity
- Significant decreased strength and range of motion (ROM)

Everson

- *Often twisted in pile-up with someone else stepping on planted foot*

Grade 1

- Moderate pain
- Some disability
- Mild swelling & ecchymosis
- No laxity
- Good strength and range of motion (ROM)

Grade 2

- Tearing or popping sensation
- Significant disability
- Significant diffuse swelling and ecchymosis
- No laxity
- Decreased strength and range of motion (ROM)

Grade 3

- Pop and/or tearing sensation
- Severe pain and disability
- Severe swelling and ecchymosis
- No laxity
- Minimal strength and range of motion (ROM)