



Eversion (Medial) Ankle Sprain

WHAT IT IS

An ankle sprain is the stretching and possible tearing of the ligaments that hold the bones of the ankle together. An eversion ankle sprain is an injury to the deltoid ligament, located on the medial side (inside) of the ankle. Eversion sprains are fairly rare, accounting for about 5% of all ankle sprains. The severity of a sprain is graded on a scale of 1-3. A Grade 1 (mild) sprain involves slight stretching of the ligament; a Grade 2 (moderate) sprain involves a partial tear; and a Grade 3 (severe) sprain is a complete tear of the ligament.

HOW IT HAPPENS

An eversion ankle sprain occurs when the foot is turned outward (laterally) beyond ligamentous and muscular control. This mechanism is uncommon but may occur in activities such as jumping or running. Uneven ground or foot abnormalities may increase the likelihood of this injury.



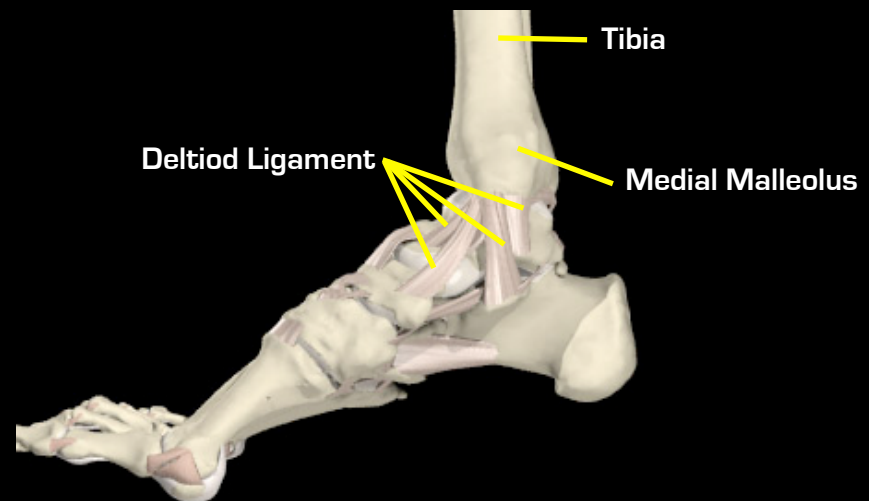
WHERE IT HURTS

Most of the pain will be localized on the medial side of the ankle, more specifically, around the medial malleolus and deltoid ligament. Symptoms may include swelling, tenderness, pain, loss of motion, loss of function, and possibly an unstable joint.

IMMEDIATE TREATMENT

- **PROTECT** the ankle from further injury.
- **REST** the ankle from activities that cause pain or limping. Using crutches will allow the ankle to rest until you can walk without pain.
- **ICE** the ankle for 15-20 minutes to decrease pain and swelling. Ice may be applied as often as once per hour.
- **COMPRESSION** wraps can be used to decrease swelling throughout the day.
- **ELEVATE** the ankle above the level of the heart to decrease swelling.
- **IBUPROFEN** can help decrease both pain and swelling. Take **NO MORE** than 1200 mg per day, following the label's recommended amounts.






MEDIAL ANKLE



RANGE OF MOTION EXERCISES

Ankle Pump	Towel Stretch	Bent-Knee Towel Stretch	ABC's
			
Point toe and pull back toward shin. Repeat 30 times.	Loop towel around foot and pull back for 20 seconds. Repeat 3 times.	Loop towel around foot with knee bent. Pull back for 20 seconds. Repeat 3 times.	Pretend you are tracing the letters of the alphabet with your foot. Repeat alphabet twice.

STRENGTHENING EXERCISES

Plantarflexion	Dorsiflexion	Inversion	Eversion	Single-Leg Balance
				
Loop a resistance band around ball of foot and hold ends in hand. Point foot/toes down as far as possible like pressing on a gas pedal. Repeat 10-30 times.	Loop the resistance band over the top of forefoot at the base of the toes. Pull foot/toes upward toward the lower leg, going as far as possible. Repeat 10-30 times.	Loop the resistance band over ball or instep of foot. Turn ankle inward towards other foot, going as far as possible. Repeat 10-30 times.	Loop the resistance band over outside edge of foot just below toes. Turn ankle outward or away from other foot as far as possible. Repeat 10-30 times.	Attempt to balance on injured ankle without any support. Try to hold the single-leg position for at least 30 seconds. For more of a challenge, try this exercise with your eyes closed. Repeat 3 times.

RETURN TO ACTIVITY GUIDELINES

- Pain-free full range of motion
- Minimal or no swelling
- Full muscular control
- Continue strengthening and balance activities and consider taping or bracing the ankle to prevent future injuries

Injury Prevention & Care - A Campus Recreation Program <http://crec.unl.edu/ipcare>

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