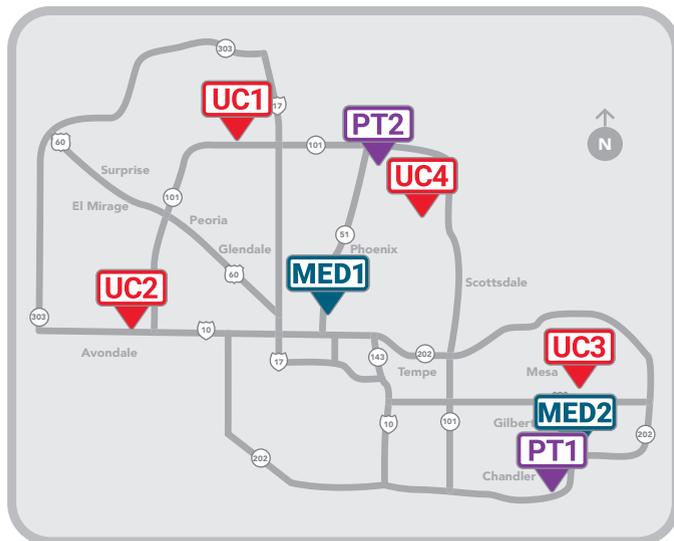


## SPECIALIZED PEDIATRIC CARE WHERE CHILDREN LIVE AND PLAY.

When your child suffers an ankle injury, it's important that he or she seek medical attention from experienced providers who know just how to care for growing kids. At Phoenix Children's, we have your child's urgent care and sports medicine needs covered.

	<b>Urgent Care</b> For injuries after hours and on weekends (7 days a week, 5 p.m. – 11 p.m.)	<b>SportsMed</b> For pediatric-specific sports medicine and PT (every weekday during normal business hours)
Glendale (UC1)   602-933-0003	✓	✓
Avondale (UC2)   602-933-0005	✓	✓
Mesa (UC3)   602-933-0002	✓	✓
Scottsdale (UC4)   602-933-0004	✓	✓
Phoenix Children's Hospital (MED1)   602-933-1000		✓
Mercy Gilbert Medical Center (MED2)   602-933-KIDS (5437)		✓
Gilbert (PT1)   602-933-3033		✓
Phoenix (PT2)   602-933-3033		✓

[phoenixchildrens.org/UrgentCare](http://phoenixchildrens.org/UrgentCare) | [phoenixchildrens.org/SportsMed](http://phoenixchildrens.org/SportsMed)



For more information about Phoenix Children's, including our services, providers and locations, visit [phoenixchildrens.org](http://phoenixchildrens.org).



## Ouch! It's an ankle injury.

Ankle and foot injuries are common in active children. This handout outlines what you need to know about ankle sprains in children.

# WHAT YOU NEED TO KNOW ABOUT ANKLE SPRAINS.

## WHAT IS AN ANKLE SPRAIN?

Ankle sprains occur when the ligaments that connect bones are stretched or torn. Sprained ankles commonly occur when children roll, twist or turn their ankles in an awkward way.

In a mild sprain (grade 1), the ligament is simply overstretched. More severe sprains may involve partial tearing of the ligament (grade 2), or complete tearing (grade 3).

## WHAT ARE COMMON SIGNS OF AN ANKLE SPRAIN?

Most common symptoms of an ankle sprain may include any of the following:

- Pain, ranging from mild to severe
- Swelling, in a specific area or the whole ankle
- Bruising, usually at the injured area
- Loss of range of motion of the ankle
- Trouble standing or putting weight on the ankle

## WHEN SHOULD A CHILD SEEK MEDICAL ATTENTION FOR AN ANKLE SPRAIN?

Please see a pediatric provider if a child is having difficulties standing, walking or putting weight on the injured ankle.

## HOW IS AN ANKLE SPRAIN DIAGNOSED?

A pediatric provider will review a child's health history and perform a physical examination of the injured ankle to determine its severity. The provider may also order X-rays to see if there is a fractured or broken bone or another medical complication.



## HOW SHOULD AN ANKLE SPRAIN BE TREATED?

As soon as an ankle injury occurs, initiate RICE – Rest, Ice, Compression and Elevation:



Take a break to rest and protect the injured ankle



Apply ice or a cold pack on the injured area for 20 minutes, several times a day, to reduce pain and swelling



Wrap the injured area with a medical bandage to reduce swelling (not too tight!)



Elevate the injured area while applying ice, or whenever a child is sitting or lying down, to reduce pain and swelling

An over-the-counter, nonsteroidal, anti-inflammatory medication – like aspirin, ibuprofen or acetaminophen – may be given to help reduce discomfort and swelling.

A provider may recommend an ankle brace, crutches or a walking boot to support the injured ankle during the healing process.

## WHEN CAN A CHILD RETURN TO PHYSICAL ACTIVITIES?

A child may return to physical activities when he or she:

- Has full range of motion and strength in the ankle
- Has been cleared by a provider (if one was seen)
- Can walk, run and jump without pain or limping

## HOW CAN A CHILD PREVENT FUTURE SPRAINS?

To prevent ankle sprains:

- Always warm up before playing sports or enjoying physical activities
- Work on ankle flexibility and strength for injury-prone ankles (physical therapist can assist)
- Apply an ankle brace before any physical activity to reduce risk of a repeated injury

Unsure if your child should seek medical attention for an ankle injury? Call us at 602-933-KIDS (5437).