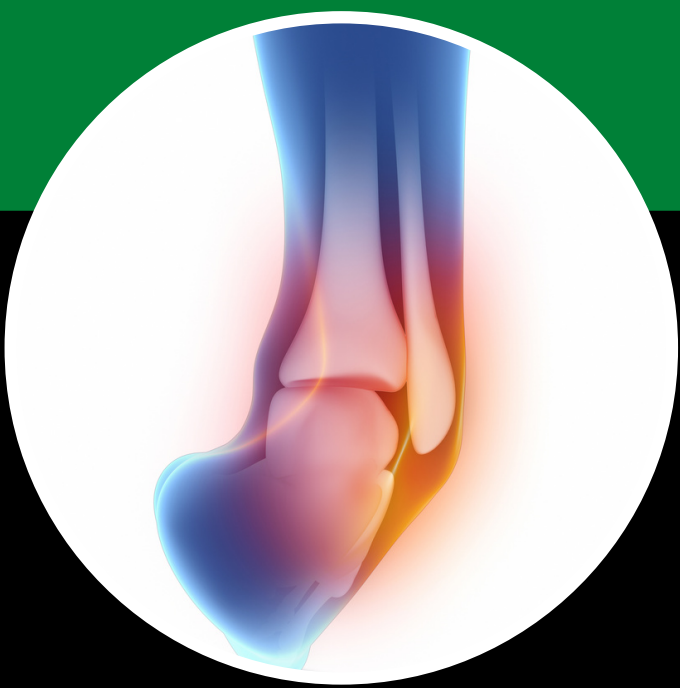


WHAT DOES IT MEAN To sprain an ankle?

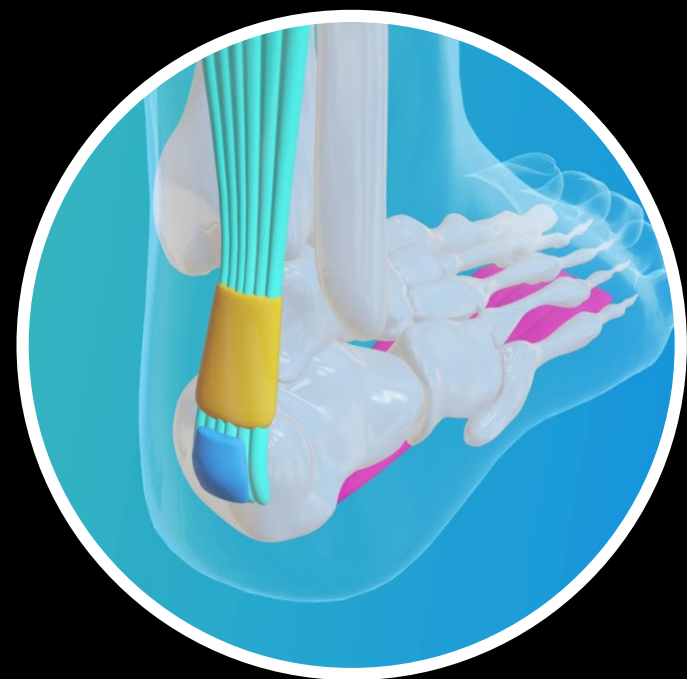


1.WHY IT HURTS?

When you sprain your ankle, you stretch or tear the ligaments around the ankle. This can happen when you twist your ankle or when it is hit from the side.

2. WHAT ARE LIGAMENTS

Ligaments are bands of tissue that connect bones to other bones. They help keep your joints stable. When you sprain your ankle, the ligaments may stretch too far and tear. This can cause pain, swelling, and difficulty walking.



3. HOW TO TREAT A SPRAIN

YOU ALSO MAY NEED TO USE THE WELL-KNOWN RICE TREATMENT METHOD- REST, ICE, COMPRESSION, ELEVATE. ICE THE ANKLE SEVERAL TIMES A DAY FOR A COUPLE OF DAYS AFTER THE SPRAIN OCCURS. THE COMPRESSION PART CAN BE EASILY DONE WITH ANKLE BRACES. MOST SPRAINS HEAL WITHIN A FEW WEEKS IF THEY ARE TREATED PROPERLY. YOU MAY NEED TO WEAR AN ANKLE BRACE SUPPORT OR CAST FOR A SHORT TIME TO KEEP THE ANKLE STABLE AND HELP IT HEAL CORRECTLY.

LEARN ALL YOU NEED ABOUT ANKLE INJURY.