



Ankle sprains

Sports, scores and ankle injuries

An ankle sprain is the overstretching of the ligaments (structures that connect bone-to-bone) during a traumatic fall or twisting of the ankle. There are varying types of ankle sprains, dependent on location and severity. Lateral (outside of the ankle) sprains are most common.

Who is at risk?

- Children who participate in running and jumping activities (football, soccer, gymnastics, dance, baseball, track, volleyball, basketball, hockey, etc.)
- Children who have had a traumatic fall or twisting of the ankle
- Children who have learned improper training techniques and/or use improper shoes or equipment
- Running on uneven surfaces, cutting motion during sprints or landing on a foot when landing from jumping

What are the symptoms?

- Swelling/edema
- Discoloration
- Loss of movement
- Loss of strength
- Tenderness around ankle joint
- Limited tolerance or inability to bear weight

What are the treatment options?

- RICE (rest, ice, compression, elevation)
- Movement exercises to aid with swelling and restore motion
- Walking boot/ankle braces
- Strengthening programs to return athletes to sport

When can athletes return to activity?

Returning to sports or activities after ankle sprains may vary depending on severity. Some children/adolescents with mild ankle sprains may return within seven to 10 days, moderate to severe ankle sprains can take anywhere from two weeks to six months to fully heal and return to activity.



We can help!

Schedule an appointment with our sports medicine doctors to get back in the game. We can help with treatment and the rehabilitation of ankle sprains. We can also create an at-home strengthening and stretching program to give young athletes more relief.



Cook Children's Orthopedics and Sports Medicine locations:

750 Mid Cities Blvd., #100
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**To schedule an appointment
or learn more,**
call **682-885-4405.**

We accept most insurances.



For more info visit:
cookchildrens.org/sports-medicine