



## Ankle Sprain

### Pre-referral considerations:

1. Grade 1 early mobilization
2. Grade 2; 2 to 3 weeks of protection with early mobilization
3. Grade 3 may require 10 days of immobilization
  - a. All treated with Protection, rest, ice, compression and elevations (PRICE)
  - b. Protection (crutches, bracing or CamWalker); NSAIDS

### Red flags:

1. Consider imaging, alternate referral or emergent referral
  - a. Any neurovascular compromise
  - b. Should see improvement to tolerate protected weight bearing in 1 to 2 weeks

### Lab/Imaging Studies: (Ottawa ankle and foot rules)

1. An ankle series is only indicated for patients who have pain in the malleolar zone **AND**
2. Have bone tenderness at the posterior edge or tip of the lateral or medial malleolus **OR**
3. Are unable to bear weight both immediately after the injury and for four steps in the emergency department or doctor's office
4. A foot series is only indicated for patients who have pain in the midfoot zone **AND**
5. Have bone tenderness at the base of the fifth metatarsal or at the navicular **OR**
6. Are unable to bear weight both immediately after the injury and for four steps in the emergency department or doctor's office

### Tests to Avoid:

1. MRI or CT scan prior to Podiatry evaluation

### Comments:

1. If no improvement in 4 weeks refer
2. Physical Therapy can be helpful