

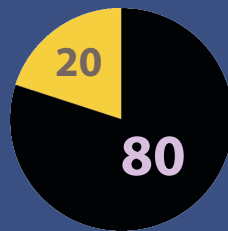
# ANKLE SPRAINS



Ankle sprains happen when the foot twists, rolls, or turns beyond its normal motion. This causes the ligaments to stretch beyond their normal range in an abnormal position. A severe sprain causes tearing of the fibers in the ligament.

**25,000**

Americans suffer an ankle sprain each day



More than 80 percent of ankle sprains are a result of inversion, or inward rolling, of the ankle

Ankle sprains account for more than

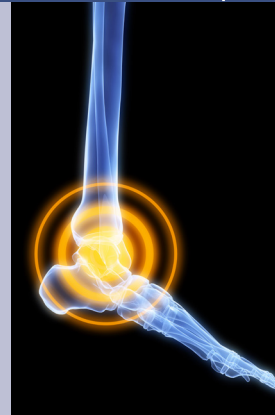
**50%**

of all sports injuries



## Risk factors:

- Previous ankle injury
- Impaired balance/control of posture
- Type of sport played
- Position played
- Muscle strength/range-of-motion deficits
- Excess body weight



## Common symptoms:

- Swelling
- Pain
- Instability
- Bruising
- Inability to bear weight

## GRADE I

- Most common type
- Mild degree of swelling and pain when ligament is stretched

## GRADE II

- Moderate degree of swelling and pain
- Incomplete tear of the ligaments

## GRADE III

- Most severe type of ankle sprain
- Significant swelling and pain
- Complete tear of the ligaments

## Initial Treatment:

**R**est

**I**ce

**C**ompression

**E**levation



A thorough evaluation by a qualified medical professional is necessary to help determine other possible treatments

## Any sports injury, anytime

The EMMC Sports Health Injury Helpline is the fast, convenient way to get help for sports injuries:

**207.974.7400**

## Other ways to contact us:

Web: [sports.emmc.org](http://sports.emmc.org)

Email: [sports@emhs.org](mailto:sports@emhs.org)



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