

Sprained ankle

The most common cause of a sprained ankle is a sudden movement or twisting of the ankle and the ankle rolling. This can happen when your child is active. Most often the foot rolls inwards and this stretches the ligaments around the outside of the ankle. The stretching of the ligaments causes pain when trying to walk, and swelling around the ankle.

Because it is hard to determine if there is a fracture by just examining the ankle, x-rays are commonly performed.

Immediately after the injury it is a good idea to strap the ankle and elevate the foot to reduce swelling. You might need crutches for the first few days to be able to walk.

It is a good idea to start putting weight on the foot as soon as it is comfortable to do so. This helps the ligaments heal.

Recovery time is usually a few weeks for mild sprains. More severe sprains can take up to six weeks until the ligaments are stable. It is important to not start full on exercise/training until you are pain free and completely back to normal.

Younger children usually don't need specific rehabilitation as they are very good at moving as soon as they don't have pain. Older children can benefit from seeing a physiotherapist for advice.

Children's emergency department