

GOOD BEHAVIOR WITH A SPRAINED ANKLE

- Rest without support for 5 days (crutches)
- Put ice in the morning and in the evening on the ankle for 15 minutes minimum
- Keep the leg elevated during the day and night by raising the foot of the bed
- Keep the compression bandage by loosening it if you have swarming in the toes, or if they become blue or white

Do not hesitate to consult the doctor if you have any problem.

