

You have an ankle sprain.

-We recommend RICE (rest, icing, compression, and elevation), but we no longer want you to be immobilized

-You can take over-the-counter ibuprofen or Tylenol for the pain

-Wear a ASO brace for all weightbearing activities, you can weight bear as tolerated - this means you can walk on the foot as much as you want and are comfortable, just keep wearing the ASO brace for a maximum of 2 weeks

-Physical therapy is advised for 6 weeks

-No high impact exercise until the ankle does not hurt