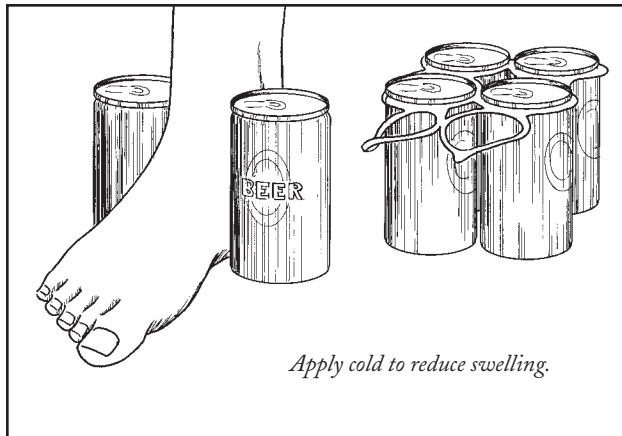
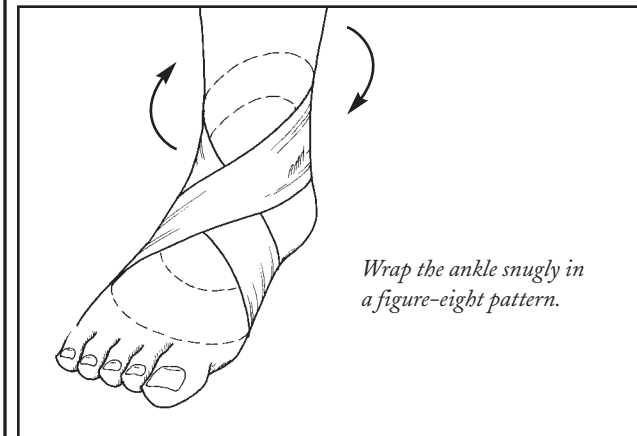


# HOW TO TREAT A SPRAINED ANKLE

- 1 Sit or lie down immediately.**  
Do not put any weight on the ankle.
- 2 Make a cold compress.**  
Cold will constrict blood vessels and reduce swelling. Place ice in a plastic bag or wrap it in a shirt. Do not apply the compress directly to the skin; add a layer of clothing or plastic to prevent freezing of tissue. Applying cold cans may also reduce swelling.
- 3 Elevate the ankle.**  
Sit down and raise the ankle at least 18 inches above the ground by putting a log, golf bag, or other object under the calf.



- 4 Apply the compress for 30 minutes, then remove.**  
If the sprain is particularly bad and swelling is rapid and severe, leave the compress on for 15 additional minutes.
- 5 Make a pressure bandage.**  
If no emergency bandage is available, cut or tear cloth into long, four-inch-wide strips. Two three-foot strips should be sufficient. If available, use an elastic wrap.
- 6 Wrap the ankle.**  
Put one end of the bandage in the middle of the foot and use a figure-eight pattern to wrap up and over the ankle and back around the foot. Make sure the bandage is snug and the ankle immobile. Use tape, rubber bands, string, or shoelaces to secure the end of the bandage to the leg.



**7** Reapply the cold compress for another 30 minutes.

**8** Leave the course.

Use a golf cart to reach the clubhouse. If no cart is available, use an umbrella, ball retriever, sturdy tree branch, or sand wedge as a cane for support.

**9** Take ibuprofen to reduce the swelling and relieve pain.

If ibuprofen is not available, take acetaminophen, which will relieve pain but not swelling. Avoid aspirin, which can thin the blood.

**10** Seek medical attention immediately to ensure that the ankle hasn't been broken or fractured.

### Be Aware

Sprains are generally a result of tissue damage to the front outside ligaments of the ankle. X-rays are usually not needed for sprained ankles but should be obtained if you are unable to bear weight for more than six steps; if you feel pain in the back of either of the bones that normally protrude from the sides of the ankle; or if you have pain anywhere along the line from your ankle to your smallest toe.

**WORST-CASE  
SCENARIO®**