

Mayo Clinic News Network

Title: Mayo Clinic Minute: Ankle sprains 101 Date: Sept 7, 2017

Intro: "Each year over 1 million people have new [ankle sprains](#), and these are just the people who came to seek medical help," says [Dr. Glenn Shi](#), a [Mayo Clinic](#) orthopedic surgeon. "There are far more [sprains] that people are treating at home."

The ankle is quite a well-engineered joint, actually. But, because it's a balancing act to carry the full weight of the body on three bones atop the foot, Dr. Shi says, "an injury can happen anytime an athlete gets on the field or to anyone just walking down the street. In fact, ankle sprains among high school athletes are the most common injury that they see."

Still, there are ways to reduce the risk, particularly if you understand how the ankle is put together. Here's Dennis Douda

Video

Audio

Total running time [1:00]	/// VIDEO
Dr. Glenn Shi speaking	"The ankle bone really consists of the tibia, the fibula, as well as the talus. And the talus connects to the rest of the foot. They are also connected by these ropes, which are also known as ligaments, that connect the bones together. That gives us stability as well as motion, if necessary, for walking."
Dennis Douda speaking	Twist inward, or roll your foot under, and the ligaments can be stretched or torn: a classic ankle sprain. Most will heal on their own.
Title: Glenn Shi, M.D. Orthopedic Surgery Mayo Clinic	"However, when you have a major sprain, instability can be a problem down the road, and that can often lead to cartilage injury, as well as arthritis and pain."
Dennis Douda speaking	Foot and ankle surgeon Dr. Glenn Shi says if pain persists more than a few days, see a doctor. His top prevention tips: Be more aware of foot placement on uneven ground. Be active, and build strength for better foot control. And no matter your activity, don't skip your warm up.
Dr. Glenn Shi speaking	"Stretching often conditions us and prepares us for a foot event, such as running, jogging, changing directions. We really need to keep ourselves limber, if you will."
Dennis Douda speaking	For the Mayo Clinic News Network, I'm Dennis Douda.

Anchor tag: For [first aid at home](#), rest your sprained ankle for a couple of days. Apply ice four to eight times a day until the swelling improves. Compressing the ankle with an elastic wrap can help control swelling, as will elevating the injured joint higher than your heart.