



# spotlight on health

## Walking Away From Sprained Ankles

(NAPSA)—A healthy dose of information may help you deal with many of the sprains, strains and pains life can throw your way. For example, knowing some basic first aid can help you get a leg up on a sprained ankle—or at least help you take care of one until a doctor is available.

Athletic trainers say people who sprain their ankles should “think RICE.” (Rest, Ice, Compression and immobilization, Elevation.)

- Rest—Getting off an injured ankle is an important first step. If you're hurt, don't try to “walk” or “shake” it off. Ignoring the injury can make it worse, and turn a small sprain into a big problem.

- Ice—For the first few hours after an injury occurs, trainers recommend what's called a 20/20 ice cycle (twenty minutes on the injury, twenty minutes off). The more an injury is iced, the less it will swell. Swelling can lead to decreased mobility and a variety of other problems.

- Compression and immobilization—When you wrap an ankle, start by making two loops around the foot's instep. Next, stretch the bandage diagonally across the foot and bring the bandage around the ankle to the front of the foot. Continue wrapping in this way, overlapping each previous turn by  $\frac{3}{4}$  of an inch.



**It's important to ice sprained ankles with a “20 minutes on, 20 minutes off” cycle for the first few hours after the injury occurs.**

**NOTE:** Be sure the bandage is not too tight. The foot and toes should not be numb. You may find it easier to wrap your ankle with a non-stick, self-adhering sports wrap such as Dome SelfGrip Athletic Tape/Bandage. The wrap requires no clips, is waterproof and reusable, and sticks only to itself.

- Elevation—It is important to keep your injured ankle elevated whenever possible. That can help reduce the swelling and give your injury a chance to heal.

For more information, visit [www.domeind.com](http://www.domeind.com) or call 800-432-4352.