

Ankle Sprain	Referral Guide: Page 1 of 1	Ortho
Diagnosis/Definition: Traumatic ankle injury without fracture (3) grades: 1- Ligamentous injury without instability mild pain/swelling. 2- Moderate pain/swelling decrease motion. 3- Ligamentous laxity and joint instability.		
Initial Diagnosis and Management: H&P, AP, mortise and lateral x12. NSAIDs, gel stirrup splint and ace wrap. WBAT with crutch if limp. RICE: rest, ice compression, elevation and encourage range of motion.		
Ongoing Management and Objectives: Grade I – Return to full activities 3-4 weeks. Grade II – Return to full activities 6-8 weeks. Grade III – Depends on ortho diagnosis.		
Indications for Specialty Care Referral: PT if TTP or decreased ROM> Ortho for Grade III. Critical DX = vacular, neurologic, open injuries, deformity, high every widened mortise.		
Test(s) to Prepare for Consult: Plain X-Ray	Test(s) Consultant May Need To Do: Anterior drawer tests 15 degree talar tilt indicates Grade III injury MRI	
Criteria for Return to Primary Care: No instability, completed rehab or surgery.		
Revision History: Created Revised		

Disclaimer: Adherence to these guidelines will not ensure successful treatment in every situation. Further, these guidelines should not be considered inclusive of all accepted methods of care or exclusive of other methods of care reasonably directed to obtaining the same results. The ultimate judgment regarding the appropriateness of any specific procedure, therapy, or referral must be made by the physician/provider in light of all circumstances presented by an individual patient.