

## For ankle sprains, think RICE

**Run time - :37**

LEDE: Patrick Mahomes won Super Bowl 57 on a sprained ankle. For the rest of us, experts say take your recovery slow. Tim Ditman of OSF HealthCare has more.

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OSF exercise coordinator Ali Ball says an ankle sprain is any movement that causes ligaments to overstretch or tear.

Most heal by self-care and the RICE method: rest, ice, compression and elevation.

*SOUNDBITE: "After that initial few days, a doctor will want you to do physical therapy. You'll do exercises that help increase ankle stability."*

Surgery is an option in severe cases. Either way, if you don't treat a sprain, it can lead to arthritis and inflammation.

I'm Tim Ditman.

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TAG: To prevent ankle sprains, wear good footwear and walk on level ground. Ankle braces and tape can also help.