

For ankle sprains, think RICE

Rest, ice, compression and elevation can heal most sprains

*****SOT*****

Ali Ball, OSF HealthCare exercise coordinator

"You'll feel the stretch and instant pain. That's when you know you probably have an ankle sprain." (:08)

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Ali Ball, OSF HealthCare exercise coordinator

"After that initial few days, a doctor will want you to do physical therapy. You'll do exercises that help increase ankle stability." (:11)

*****SOT*****

Ali Ball, OSF HealthCare exercise coordinator

"When you don't treat sprains properly, it can lead to some long-term issues. You can have chronic instability in the ankle which can lead to degenerative arthritis and tendon inflammation. That's not a good situation." (:18)

*****SOT*****

Ali Ball, OSF HealthCare exercise coordinator

"When you're walking, pay attention to your terrain. If you're walking around your town, watch for holes and rocks. For trail running, you can't always avoid the rough terrain. So you would want to take preventive measures." (:19)