



## Returning to Dance Fitness Class after an Ankle Sprain ("Rolled Ankle")

### First be sure to RICE!

**Rest** (and perhaps some Ibuprofen) Stay off of it. Limit walking. Sit and relax.

**Ice** For 20 minute intervals, at least two-three days after injury, to reduce swelling.

**Compression** Use an ACE type bandage or compression socks/ankle support socks.

**Elevation** Try to keep the ankle propped up above the waist or at the level of your heart while resting.

### Returning to Dance Requirements:

1. Walking without a limp.
2. Able to perform dorsiflexion and plantar flexion without pain.
3. Able to circle the foot in both directions (transverse plane).
4. Hopping on one foot without added pain.
5. Jumping and running without added pain.
6. Lunge in both sagittal and horizontal planes without added pain.
7. Equalize the weight between both feet without favoring one side.
8. Come back slowly. Stick to low impact at first and gradually build back up to more intense high impact routines. Take breaks when experiencing soreness or stiffness. Continue to RICE after workouts as needed. Soon you'll be back on the dance floor full throttle.

### Danger Signs requiring immediate medical attention:

1. Not able to put pressure on the ankle without pain 24 hours after the injury occurred.
2. Severe pain and swelling.
3. Signs of infection, such as redness, warmth and tenderness in the affected area, or a fever.
4. Feeling a pop in your ankle and then not able to move it.