



High Ankle Sprain

What is it?

A “high” ankle sprain involves the injury of some *ligaments higher in the ankle* (or above the ankle) than a typical ankle sprain. These ligaments are crucial to ankle joint stability. High ankle sprains typically take longer to heal than traditional ankle sprains.

How bad is it?

High ankle sprains vary in severity, but most take *longer to heal and recover* than typical lateral ankle sprains. Some are serious and require surgery to stabilize the ankle joint.

How long will I be out?

Most high ankle sprains heal within 3-6 weeks.

What is the treatment?

- Rest – no sports, cutting, running, jumping, pivoting maneuvers
- Ice – 15 minutes, 3x/day
- Compression
- Elevation
- Non-weight bearing with crutches
- Early range of motion (when not bearing weight)
- Physiotherapy

Will I need a brace?

The type of immobilization is based on severity of injury:

- Mild sprains – ankle ASO brace, stirrup brace or walking boot
- Moderate – walking boot or cast x 3-6 weeks
- Severe – surgery

