MT. PLEASANT I.S.D.
ATHLETIC DEPARTMENT
P.O. BOX 1117
MT. PLEASANT, TEXAS 75456-1117
TEL. 903-434-8642 **FAX 903-577-5550**

Ankle Sprain Protocol

Dear Parent/Guardian,

Your child has suffered an ankle sprain in today's practice/game. At this time, we believe this is a mild to moderate sprain and are planning on an aggressive treatment and rehabilitation protocol. We do not feel at this point the injury requires a doctor's evaluation, however if any pain and symptoms worsen in the next few hours or days, we will refer them for further evaluation.

Please have your child do the following things at home to assist in a faster recovery:
1. Ice the ankle for 20-minute cycles every hour for the first 24-48 hours minimum. (Maybe longer dependent upon swelling).
2. NO HEAT for the first 48-72 hours and possibly longer.
3. Elevate the leg above the heart as much as possible.
4. Weight bear as tolerated.
5. Use ace bandage or sleeve as much as possible unless causing extreme discomfort.
6. Have your child arrive 30-45 minutes early for the next practice session when not in school and during the school year at 7:00am for treatments. (Treatments will be in the field house athletic training room unless notified of other arraignments.)

Thank you and do not hesitate to call if you have any questions or your child's injury worsens.

Sincerely,

Alexander Fellows, M.Ed, LAT, ATC
Head Athletic Trainer
903-434-8584