

- **WEIGHT BEARING AS TOLERATED**
 - You may bear weight, but you may find it difficult to do so immediately after your injury
 - Use your boot/brace/crutches as needed in order to ambulate with minimal pain

- **RICE:**
 - 1) **REST:** relative rest is important. You may be advised to walk for what your day requires or ride a stationary bike as pain subsides, but avoid any excessive activity or high impact exercise.

 - 2) **ICE**
 - 20 minutes on, 20 minutes off
 - ice as often as you would like
 - at bedtime is helpful for pain relief

 - 3) **COMPRESSION**
 - ACE bandage or ankle brace

 - 4) **ELEVATION**
 - Elevate as much as possible while gently moving your ankle and toes to help bring your swelling down

- **Pain Control & other info:**
 - Anti-inflammatories are the most effective medication to help decrease your swelling. These medications include ibuprofen, Motrin, Aleve, Advil, etc. Remember: Ice is also a great pain reliever.
 - Limit narcotics for pain by decreasing and spreading out doses as your pain subsides
 - Do not take Tylenol and Percocet/Norco/Vicodin at the same time. (They already contain Tylenol/acetaminophen)
 - Bruising will change colors and move around your foot as your body works to resolve it