

Step by Step: How to Wrap a Sprained Ankle

To wrap a sprained ankle, you'll need an elastic bandage or a compression wrap.

You can also use a piece of padding. These items are available at drugstores.

1. Make sure your ankle is clean and dry.

Hold the loose end of the bandage at the side of your foot.

2. Wrap the bandage around your foot and ankle in a figure-eight pattern once.

3. You can put the pad under your anklebone and wrap the bandage around it so it stays in place.

As you wrap your ankle, make sure it feels snug, but not too tight. If your toes feel numb or tingly loosen the wrap.

4. Keep wrapping the bandage in a figure eight until you have used all of it.

The wrap should leave your toes uncovered and end several inches above the ankle.

5. Secure the end of the wrap. Most compression wraps are self-fastening or come with clip fasteners.

If not, use medical tape to secure the end.

6. Keep the bandage snug during the day, but loosen it before you go to bed.