

Ankle Injuries

An information guide



Ankle Injuries

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Treatment Centre (UTC).

Rest

Partial rest is often recommended – you will be advised by the practitioner who has treated you. The aim is to allow some general activity, but you must avoid any activity involving the injured area which may compromise the healing process. Total rest is rarely required, as controlled exercise/movement of the injured part provides the stresses necessary for the tissues to heal properly.

Ice

Ice should be applied immediately after your injury, but can also be useful later to help your recovery. The benefits of ice therapy include a reduction in pain, swelling and muscle spasm. A bag of frozen peas, crushed ice cubes or a cold pack can be used. This should always be placed in a damp towel and never directly onto the skin. After five minutes the area should be checked for an ice burn (excessive redness) then left for 20 – 30 minutes. Ice can be applied every 2 hours.

Never apply cold to an area where you can't appreciate the difference between hot and cold.

Elevation

Elevation of the injured part helps to limit the bleeding in the first 72 hours following your injury. It will also improve the swelling. Elevation and compression should not be applied at the same time.

Ankle Exercises

These exercises will help to mobilise your ankle. The exercises will be effective if practised 'little and often', i.e. repeating a few times every hour, and at least once every 2 hours. Try to build up your exercises to 10 repetitions. It is best to perform the exercise bare feet.

Remember to keep your leg elevated to help reduce any swelling around the ankle.

You may have been given crutches to help you walk normally, it is important that you put as much weight through your injured leg as possible to aid the healing process.

- Relax the leg. Gently bend and straighten the ankle up and down. Move through full range of movement and avoid pain.
- With the leg relaxed, gently turn ankle/foot in and out (side to side). Move through full range of motion and avoid pain.
- Ankle circles - Slowly rotate foot/ankle clockwise and anti-clockwise. Gradually increase range of movement and avoid pain.

Important

If your ankle does not seem to be improved by 2 weeks after the injury, or is not significantly better by 6 – 8 weeks, you should be re-assessed. For this you should visit your GP.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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