

# Weber A (Simple Ankle) Fracture

An information guide



# Weber A (Simple Ankle) Fracture

The following advice will guide you through the next 6 weeks, use the information below to gain a better understanding of your injury and what can be done to improve and maximize your recovery.

## What is a Weber A Fracture?

This is a small break (fracture) of your ankle. There are many types of fractures of the ankle. Weber A Fractures are the more minor fractures of the bottom part of the fibula (bone on the outer side of your leg), your fracture does not require a cast or an operation for its treatment.

## Weber A fracture management:

The treatment for your fracture will consist of one of three managements,

- An inflatable but removable boot.
- Removable ankle brace.
- No treatment.

The above supports should be worn when active and walking around. (*They should always be removed at night and when resting*)

Crutches will be provided if required. This will allow you to put some of your weight through the affected ankle joint and limb. This will improve ligaments strength and recovery.

**YOU ARE NOT ADVISED TO COMPRESS OR BANDAGE THE AFFECTED LIMB UNLESS ADVISED BY A CLINICIAN.**

## Rest

For the next 24 to 48 hours rest your injured limb, keeping your foot and ankle raised up (elevated). Keep gently moving your ankle to prevent stiffness.

## **Ice**

Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the ice or frozen peas is wrapped in cloth or a towel. **Do not** apply it directly onto the skin as this could cause a burn.

## **Elevation**

Raise your lower limb and ankle when resting, this will help reduce the swelling significantly. Continue to elevate as long as the swelling persists.

## **Pain killers**

Take simple pain killers such as paracetamol and/or ibuprofen which can be purchased from a chemist or shop. Take the medication according to the manufacturer's instructions.

## **Further information and advice**

Weber A fractures normally take approximately 6 weeks to heal. Pain and swelling can be ongoing for 3 to 6 months, the swelling is usually worse at the end of the day, elevate and take pain killers.

## **Follow up**

There will be no routine follow up for patients with this type of injury and fracture. If after six weeks you are still experiencing

- Significant pain or swelling.
- Still struggling to weight bear out of the boot.

**Please contact the Emergency Department for further advice.**

**The Royal Oldham Hospital, Rochdale Road, Oldham, OL1 2JH**

**The Emergency Department**

**Telephone : 0161 627 8926**

**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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**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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