

Ankle Sprain ± Fracture

Ankle Sprain:



<https://www.urbanevo.com/training-blog/prevent-ankle-sprains>

Ankle Fracture:



REHA
M.D. DPT

<https://www.floridafootankle.com/conditions/ankle-fracture/>

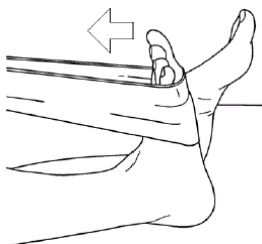
What should I do in the first 72 hours after the injury?

The most important initial treatment is aimed at controlling the pain and swelling.

Rest:

Complete rest is not advisable, but it is important that you prevent putting the ankle under strain in the early stages of healing. The movements below should be done 10 times, within your limits of pain, three to four times per day.

Initial Exercises:

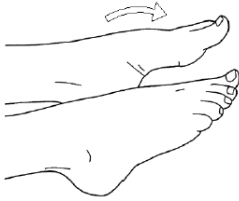


Sit with your legs straight out in front of you and pull your toes toward you.

To assist this movement, place a scarf around your foot and pull the ends of the scarf with your hands.



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Sit with your legs straight out in front of you and point your toes away from you as far as possible.



Sit with your legs straight out in front of you and gently turn your ankles inwards and outwards.



Sit with your legs straight out in front of you and make a circle with your foot, moving only the ankle joint.

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Ice:

Ice will help reduce the pain and swelling in your ankle and so should be applied for 10-15 minutes before performing the exercises above.

Please note:

- Only use an ice pack on areas that have normal skin sensation – where you can feel hot and cold.
- Do not apply ice to an open wound.
- Do not apply an ice pack to an area that has poor circulation.



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- During ice application, check the skin every five minutes and discontinue use if:
 - the area becomes white, blue or blotchy;
 - the area becomes excessively painful or numb or tingles.
- Wrap the ice (a bag of frozen peas or crushed ice) in a damp tea towel to prevent any burns to the skin.

Pain Relief:

Regular Paracetamol will help with pain relief. Care should be taken with any anti-inflammatory medication as it may suppress the normal healing process. (Talk to your GP or pharmacist if you require any further information on medication.)

Walking and Exercise:

It has been shown that your ligaments will heal quicker if you walk normally on the ankle as soon as possible after the injury. Normal walking means that you strike your heel to the floor first, then rock forward onto your foot and lastly, push off from your toes. Not all patients will require crutches to achieve this normal walking pattern, but this will be assessed on an individual basis.

If you follow the basic advice, healing of the ligament/fracture normally takes 6-12 weeks. However, everyone recovers from injuries at different rates and it is dependent on the severity of the injury and the presence of any other medical problems.

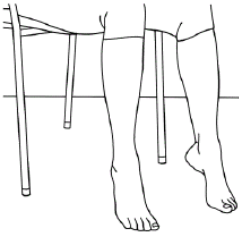
Once your pain begins to settle, it is important to add into your regime the following exercises. These exercises will help you to regain full function, flexibility and strength, and will also reduce the risk of the injury reoccurring.

Further Exercises:

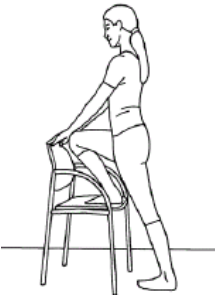
These exercises are designed to help improve movement and function. They should be started as soon as your plaster is removed and carried out three to four times a day.



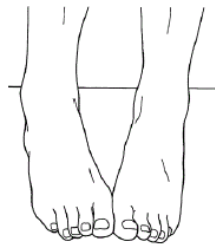
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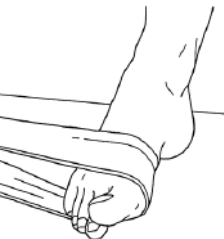
Sit on a chair with your feet flat on the floor. Alternatively raise your toes and your heels, repeating 10 times.



In standing, place your foot on a chair, line your heel up with the front edge of the chair and hold the back of the chair for balance. Gradually, move your knee towards the back of the chair, keeping your whole foot in contact with the chair. This will stretch your ankle; you may feel a stretch in your calf and at the front of your ankle. Hold for 10 seconds and repeat 10 times.

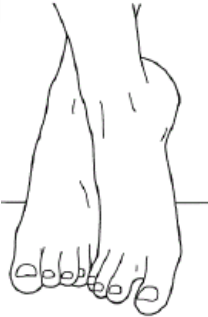


Sit on a chair or on the floor, put the inner borders of your big toes together and press the inner borders of your big toes together. Hold for 10 seconds and repeat 10 times.

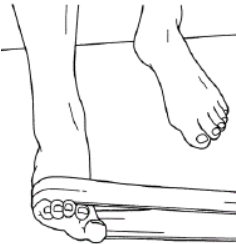


Alternatively, sit on the floor or on a chair and put a rubber exercise band around your foot. Turn your foot inwards against the resistance band as if to look at the sole of your foot. Hold for 10 seconds and repeat 10 times.

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Sit on a chair or on the floor. Cross your feet and put the outer edges of your little toes together. Press the outer edges of your little toes together. Hold for 10 seconds and repeat 10 times.



Alternatively, sit on the floor or on a chair. Put a rubber exercise band around your foot. Turn your foot outwards as if to look at the sole of your foot. Repeat 10 times.



Practise standing on one leg. You may initially need to have fingertip support on the back of a chair or on a work surface, but as your balance improves, repeat this without fingertip support. Hold for 10 seconds and repeat 10 times.

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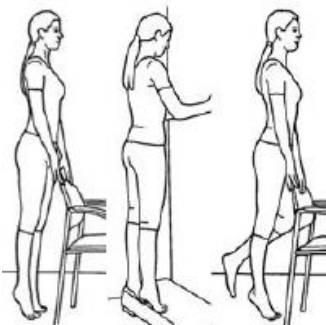


Stand in a walking position with the leg to be stretched straight behind you and the other leg bend in front of you. Take support from a wall or a chair.

Lean your body forwards and down until you feel stretching in the calf of the straight leg. Hold for 10 seconds and repeat 10 times.



Stand in a walking position with the leg to be stretched behind you. Hold on to a support. Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold for 10 seconds and repeat 10 times.

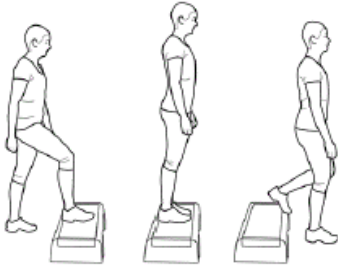


Stand holding onto a chair, spread your weight equally over both feet and push up onto your toes as high or as your pain / weight-bearing status allows you to. Hold for five seconds and slowly lower, repeating 10 times twice a day.

Once this becomes easier you can increase the number of repetitions, or progress to repeating this standing on the edge of a step or using the injured leg on its own.



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Stand tall behind a step. Place your whole foot on the step and step up. Continue forward by stepping down with the same leg you started the exercise with. Repeat 10 times.

Note: While stepping up and down, keep the hip, knee and toe aligned.

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When can I return to normal activities?

If you participate in an active hobby, then it is advisable that you do not return to this until you have full strength, full range of movement and you can walk briskly without experiencing pain and swelling.

Low Impact Exercises:

Cycling, swimming and rowing can be started after one to two weeks post injury as pain allows. Running should be avoided until you can hop 10 times with minimal discomfort.

Ref: BMJ, volume 52, issue 15, 2017

Vuurberg et al, Diagnosis, Treatment and Prevention of ankle sprains: update of evidence based clinical guidance.



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For further advice or information you can telephone your local Minor Injury Unit (MIU):

Chippenham Community Hospital

Rowden Hill
Chippenham
SN15 2AJ

Tel: 01249 456 403/4

Open: 07:00 to 23:00; seven days a week

Trowbridge Community Hospital

Adcroft Street
Trowbridge
BA14 8PH

Tel: 01225 711 329

Open: 07:00 to 23:00; seven days a week

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