



Black Boot

The Black boot has been provided to support your ankle / foot whilst it is injured. Your ankle may be very swollen and bruised after an ankle / foot injury / fracture. As a result it may take two to three weeks before the pain starts to settle. It is important that you start putting weight through your ankle as soon as possible, trying to walk as normally as you can. Putting weight through your foot / ankle has been shown to help with the healing process.

The Black Boot needs to be worn when walking and **it is important to remove the boot and do the following exercise so the foot / ankle doesn't stiffen up.** Avoid walking on the inside or outside of your foot, keep it straight, placing the heel down first and slowly rocking onto your toes to push off.

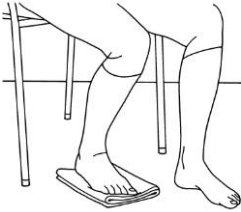
Wean out of the boot after two to three weeks, once you can wear normal shoes.

To Control the Swelling and Help Relieve Pain

- Sit with your leg elevated and supported behind the knee (ideally above hip height).
- Regularly move toes and ankles in large circles – avoiding movement of the knee.
- Keep moving toes and ankles up and down as far as possible, compare the injured ankle with the other ankle.
- Apply an ice pack / bag of frozen peas / crushed ice wrapped in a damp tea towel to your ankle for first 48 hours when your ankle is elevated. Leave in place for 15 minutes. This can be repeated every few hours if necessary.

You can drive once the foot is comfortable and you are no longer wearing the boot.

Exercises for your ankle



In sitting, slide your heel along the floor towards you keeping your foot flat until you feel a stretch in your calf muscle. Hold for 20 seconds then release.

Sit on a chair. Cross the ankle to be stretched over the other knee. Place your hand on the top of your foot and stretch your ankle (pointing the toes). Hold for approximately 20 seconds. You should feel the stretch in your shin.



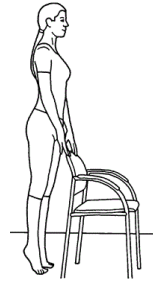
Stand in a walking position with the leg to be stretched straight behind you, heel down and the other leg bent in front of you. Take support from a wall or chair. Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold for approximately 30 seconds. Relax. Stretch the other leg. Repeat four 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 approximately 30 seconds. Relax. Repeat four times.





Stand on injured leg and try to balance. You can use a support if necessary. Progress to balancing with eyes shut when able.



Stand. Push up on your toes. Repeat 10 times.



Stand on one leg. Push up on your toes.

Repeat 10 times.

Pictures:physiotools

Follow the link below to view videos of the exercises:

https://gateway.physiotools.com/Print/P.aspx?PrintDataId=6c420fbeb3bd472_1B079A55&PtVer=201901

Usually between six and eight weeks, when you are able to hop without any pain and with good strength, you can return to jogging. It is advisable to start by alternating small periods of walking and jogging and gradually increase the duration of jogging as pain allows.

Please retain this leaflet for future reference.



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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

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net.

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