

## Ankle injuries: discharge advice

- You have had a simple soft tissue injury to your ankle. As part of this you may also have had a “chipped bone” / “avulsion fracture”.
- These injuries usually heal fully without any long-term problems.
- The pain, tenderness and swelling you are experiencing should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful; it is advisable to keep the foot elevated.
- You may be provided with a support for the ankle in the form of bandaging, splint or a removable boot, depending on the type of injury. If required, you will also be provided with crutches.
- You may walk on your foot as much as pain allows. If you have been given a splint or a boot this should gradually be discarded over the following 3-5 weeks as your pain settles.
- Please see overleaf for basic exercises.
- Most injuries heal without any problems. However, it may take several months for your symptoms to settle completely.
- If you are still experiencing significant symptoms after several months, please contact the Fracture Clinic helpline as listed below for further advice.



If the pain gets worse or lasts more than 5 weeks, or if you are concerned following discharge from hospital, please contact: Fracture Clinic on **0118 322 6567 (12 noon-5pm, Monday to Friday)** or mobile: **07554 330 369**.

## Ankle injuries exercises

### Remember:

- Remove splint / boot before exercising.
- Exercise as the pain allows – do not continue if it is too painful!
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.

### Sitting down, with back support and your legs straight resting on a (bed/floor):

1. Point your toes away from you and then pull them up towards you.
2. Try to get the soles of your feet facing each other, then turn them away from each other but do not move your knees.
3. Draw circles with your foot, in each direction.



### Sitting with your feet on the floor:

1. Lift the ball and toes of the foot up and down, keeping the heel on the floor. Progress this exercise by moving your feet back under the chair.
2. Lift your heel up and down, keeping the ball of the foot on the floor. Progress this exercise by moving your feet forward away from the chair.
3. Grip the floor with your toes, without curling them. Keep your heel on the floor – you should see the arch of your foot rise.

### Standing:

1. Supporting yourself, rise up on tip-toes, then lower yourself slowly.
2. Practice balancing on one leg. Hold for 10 seconds. To progress this exercise, repeat with one eye closed and then with both eyes closed.

If your foot swells, sit with your foot supported so that it is higher than your hip, at least twice a day for half an hour. Move your foot up and down to help disperse the swelling. Massaging the area, sweeping the swelling towards and up the calf may also help. To overcome stiffness in your foot, do the exercises. Your foot may swell occasionally after an injury – this is normal.

### Further information

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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