

Aftercare for an ankle injury

Department of Physiotherapy

Information for Patients

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Introduction

Ankle soft tissue injuries are common. They normally happen when you roll, twist or turn your ankle in an awkward way. This may affect the tendons, ligaments and vessels in the ankle, most often the outside of your ankle. This injury causes pain and swelling and sometimes it can be difficult to put any weight on your affected leg.

The length of time taken to heal will depend on how bad your injury is, and which soft tissue structures are injured. The advice from this leaflet will help you recover from this injury.

P.R.I.C.E therapy - first 48 hours

Minor injuries can often be treated using P.R.I.C.E therapy for 7 to 10 days:

- **Protection** - protect your ankle from further injury.
- **Rest** - rest your ankle raised up. Keep moving it ,but do not walk too much. The gentle exercises in this leaflet will help your ankle to recover and reduce swelling.
- **Ice** - ice packs or a bag of frozen peas should be wrapped in a towel and applied to the swollen ankle to reduce swelling and bruising. Do this every 4 hours for 15 minutes. **Do not apply ice directly to the skin as it can give you ice burns.**
- **Compression** - a bandage or ankle support can be used to reduce swelling. The bandage should be applied firmly but not too tightly. **Remove the bandage at night.**
- **Elevation** - sit or lie with your foot raised on a pillow, above the level of your heart whenever possible, to reduce swelling.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

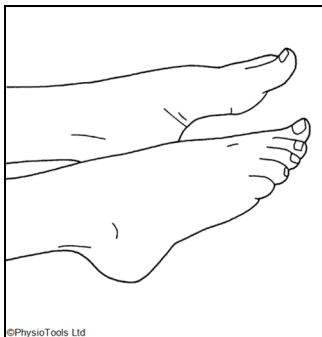
Also these may also help you to get better sooner:

Pain relief

Taking regular, over-the-counter medication (paracetamol or ibuprofen) can help reduce pain. Ask your pharmacist for advice and always read the patient information leaflet which comes with the medicine.

Exercise

For the first 48 hours, do these exercises _____ times per day:

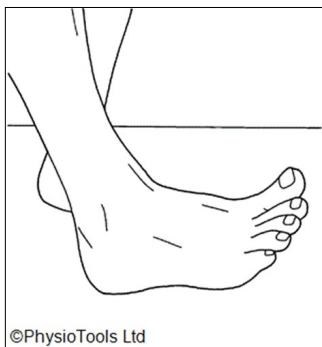


Exercise 1:

Move your foot up and down slowly

Hold for _____ seconds.

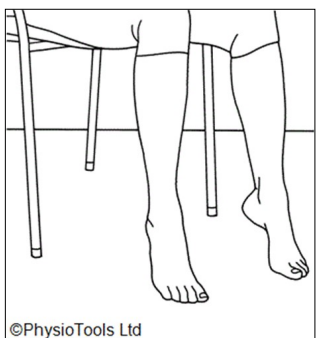
Repeat _____ times.



Exercise 2:

Circle your ankle or foot, first 1 way, then the other

Repeat _____ times each way.



Exercise 3:

Sit in a chair. Lift your heels up, then lower your heels down.

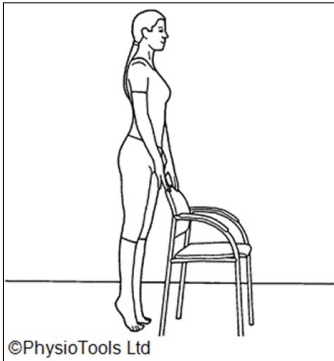
Now raise your toes, then lower them down.

Alternate this movement.

Hold for _____ seconds.

Repeat _____ times.

You may be able to start these exercises:

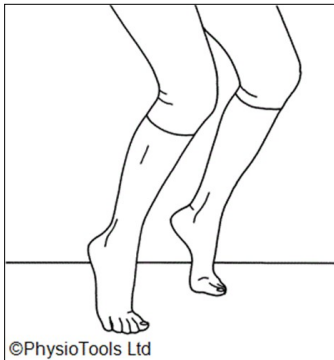


Exercise 4:

Stand and hold a table or sturdy chair. Push up on your toes.

Hold for _____ seconds.

Repeat _____ times.



Exercise 5:

Stand and hold onto a table or sturdy chair. Bend both knees and stay in this squat position throughout the exercise.

Raise up onto both toes, then lower down.

Hold for _____ seconds.

Repeat _____ times.



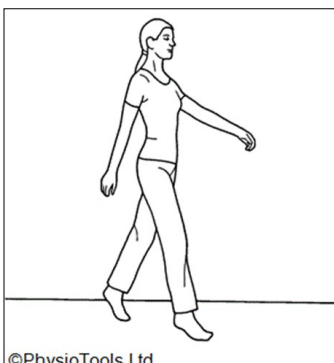
Exercise 6:

Stand and hold onto a wall. Lift 1 leg.

Hold for _____ seconds.

Repeat _____ times.

Repeat this exercise with your other leg.



Exercise 7:

Practise walking on your toes. You can hold onto a work surface if you need support to do this.

Do this exercise for _____ seconds



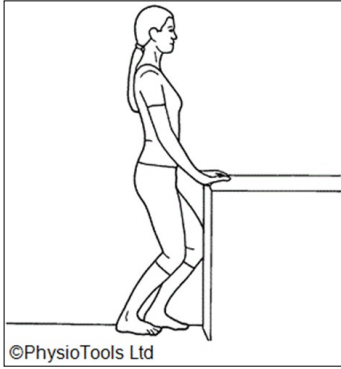
Exercise 8:

Stand in a walking position with the leg to be stretched straight behind you 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 about 30 seconds. Relax, then stretch the other leg.

Repeat _____ times.



Exercise 9:

Stand with the leg to be stretched behind the other leg.

Push your heel down while bending the knee to stretch the Achilles tendon.

Hold for _____ seconds.

Repeat _____ times.

Contact details

Physiotherapy Departments

Glenfield Hospital: 0116 258 3595

Leicester General Hospital: 0116 258 4070

Leicester Royal Infirmary: 0116 258 5816

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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