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## **INFORMATION FOR PATIENTS WITH A SPRAINED ANKLE**

**If you have any questions or require further information or advice, please contact one of the following:**

PHYSIOTHERAPY DEPARTMENT  
(between 8:30 am and 5 pm) 01935 384358

*Physiotherapy Department*

Follow carefully the instructions given to you by your doctor.

#### FOR THE SWELLING

- Apply a packet of frozen peas, wrapped in a cold wet towel. **Remove when the skin becomes pink.** This may take 10 - 20 minutes but you **should not leave it in place more than 30 minutes.**  
or
- Place your foot into a deep bowl/bucket of ice cold water, to mid calf level for 30 seconds. Lift it out and dry. Repeat this until your skin turns pink (5 - 10 minutes).
- Initially you can reapply cold every 2 hours.
- If you have been given a crepe or tubular bandage to wear over your ankle, please use it. Place it from the base of the toes to the knee and **make sure that it does not crease or cut in. Remove it at night.** The firm support is designed to contain the swelling.
- Elevate your leg on a stack of pillows with your knee **STRAIGHT** and your foot higher than your hip. Exercise your foot as directed below for approximately 10 minutes in this position. Repeat **AT LEAST** 4 times daily until the swelling subsides.
- Take the pillows away and rest your leg flat for a few minutes before getting up.

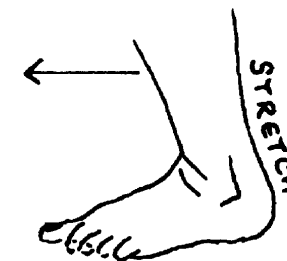
#### TO IMPROVE THE MOVEMENT

- You must move your foot, even if initially it feels sore and stiff
- Slowly bend your foot up and down from the ankle as much as possible
- Twist your foot inwards and outwards
- Circle your foot in both directions

EMPHASISE the following movement:



- Pull your foot and toes up towards you, from the ankle. **HOLD** the position for 5 seconds, feeling a stretch in your calf muscles. **Repeat 10 times.**
- Twist your foot outwards in the direction of the little toes. **HOLD** for 5 seconds. Feel the muscles tighten at the outer side of the calf. **Repeat 10 times.**



- When the swelling begins to subside, place your foot on a low step. Keeping your heel in contact, **SLOWLY** ease your knee forwards, stretching your calf muscles.

**Try to weight bear through your injured foot as soon as possible even if it feels difficult at first. Take even steps and try to walk heel-toe with your toes pointing straight ahead.**

Bruising of the whole foot, swelling and pain, are all quite normal. This can take some time to go away, and will be greatly improved by following these simple instructions.

If there is **NO** improvement within 2 weeks make a further appointment to be seen in Casualty, otherwise continue with this treatment at home.