

Ankle Injury – ADVICE for first few days

1. **Elevate** to reduce swelling keeping your foot well up above level of your bottom. In bed, rest it on a couple of pillows
2. **Apply ice** to ease pain, swelling and bruising.

Method: Use a packet of frozen peas, or crushed ice in a damp towel.

Place around elevated ankle for 10 minutes.

Repeat 4 – 6 times a day.

Caution: Ice can cause a burn. Protect sensitive skin. Follow instructions.

3. **Exercise every 2 hours** for ten minutes, especially after ice treatment, if it is not too painful. . If you hold your ankle stiff in an awkward position it will become more difficult to move it from that position, i.e. it will stiffen up.
Do what exercises you can manage but if it is too painful then stop and try again later

Point foot up towards you and point it down again.

Circle ankle keeping knee straight.

Keep feet together. Turn soles of feet towards and away from each other.

Bandages can make your ankle go stiff. Most people should not use a bandage on an injured ankle – this allows you to do your exercises better.

Take simple **painkillers** for the first few days, e.g. paracetamol or ibuprofen, if you feel you need help with the pain. These are available from the chemist.

Walking – You may try to walk if it is not too painful. Try to walk with even strides, (heel first, then toe). Put as much weight through foot as pain allows. Use your crutches as advised to help you walk.

IMPORTANT

Sometimes the swelling in the ankle can cause problems with the circulation. This is rare but needs urgent treatment.

If you get increasing pain despite following the instructions above or your foot goes blue, or it becomes numb, then either contact NHS Direct 0345 46 47 or your local A&E department IMMEDIATELY.