

# Ankle Sprain

Author: University Hospitals Sussex NHS Foundation Trust,  
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**You have an Ankle Sprain. This is a soft tissue injury to your ankle.**

## How long will my injury take to heal?

This normally takes approximately six weeks to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk) for more information.

## How long will it take for the pain and swelling to settle?

You may have ankle pain and swelling for three-to-six months after your injury. Swelling is often worse at the end of the day.

Taking pain medication, elevating your ankle and using ice or cold packs will help. More information is on the next page.

## How do I manage my Boot and walking?

If you have been given a boot/shoe this is to make you more comfortable. Only wear the boot when you are standing and walking. You should take it off at night and at rest. You should try to wean out of your boot two weeks post-injury. You do not need to wear a boot if you are able to walk without it.

You are allowed to put weight through your foot. You may find it easier to use crutches in the early stages.

## When should I start doing exercises?

It is important to start exercises as soon as possible. Instructions are on the next page.

## Will I have a follow up?

We do not routinely follow up patients with this type of injury. If after 12 weeks you are:

- still experiencing significant pain and swelling or
- struggling to wean out of the boot

Please do not hesitate to contact us for further consultation.

## Whom should I contact if I have any Questions?

If you are concerned about your symptoms or are unable to follow this rehabilitation plan, please contact the Virtual Fracture Clinic team.

## What should I be doing in week 1?

## When should I stop using my Boot/Splint?

Only wear your boot for standing and walking. You should remove the boot when resting and at night. Wear a long sock in your boot. You should try to stop using the boot/splint approximately two weeks after injury. Start around your house first, then try outside.



## How do I manage my pain and swelling?

A cold pack can provide short term pain relief and reduce swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your ankle for up to 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin.

Try to rest your ankle, especially in the first 24-72 hours. Raise your ankle on a stool or cushions so that it is above the level of your hip. This will help to reduce your swelling.

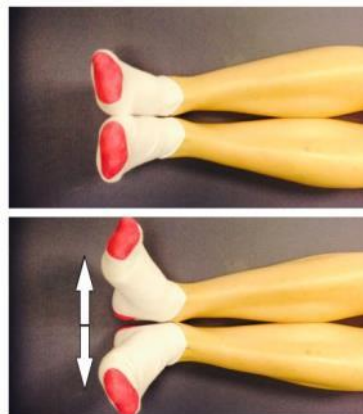
## What exercises should I do?

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a Deep Vein Thrombosis (blood clot).

Do these exercises three-to-four times a day. Start straight away, working within your pain levels.



1. Point your foot up and down. Repeat this ten times.



2. With your heels together, move your toes apart to turn the foot outwards. Repeat this ten times. Do this movement gently within comfort.



3. Make gentle circles with your foot in one direction and then the other direction. Repeat this ten times.

## What should I be doing from week 2?

**It is normal to still have mild discomfort and swelling.** This may continue for three months.

## Activity and Exercise

Gradually increase your level of activity. You should avoid impact activity for six weeks. This includes running, jumping and dancing.

If you are struggling to return to your activities or you continue to have pain and swelling at 12 weeks please get in contact with the virtual fracture clinic.

## Stretches



1. Sit with your leg straight out in front of you. Put a towel or bandage around your foot and pull it towards you. Feel a stretch in the back of the calf. Hold for 30 seconds.



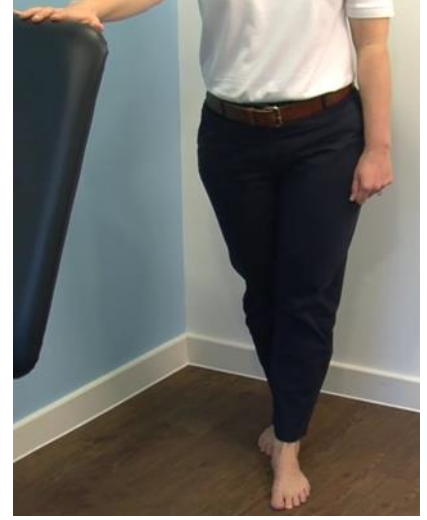
1. Point your toes down as far as they go, place your other foot on top and apply some pressure. This will stretch the top of your foot. Hold for 30 seconds.

## What should I be doing from week 6?

### Balance

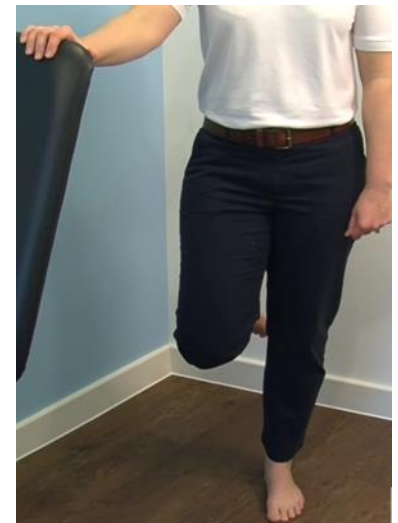
Level 1: These exercises are for people who couldn't stand on one leg before their injury.

2. Stand with your feet as close together as possible. Hold onto a firm support in safe space. Hold your balance for 30 seconds.
3. Now try removing your hand. Try to keep your balance for 30 seconds.
4. Hold onto a firm support. Put one foot in front of the other, as close together as you can. Hold this for 30 seconds. If you can, try to let go of the support and keep your balance.



Level 2: These exercises are for people who could stand on one leg before their injury.

1. Hold onto a firm surface in a safe space. Try to stand on one leg. Hold this for 30 seconds. Stop if you experience pain. When you can do this comfortably, try the next exercise.
2. Try to stand on one leg without holding on to a support. Try to hold this for 30 seconds. When you can do this comfortably, try the next exercise.
3. You can try these exercises with your eyes closed. Make sure you are always in a safe environment with a support to hold if needed.



Contact the Virtual Fracture Clinic if you are struggling to recover your movement or return to activity.

### Frequently Asked Questions

#### I am struggling with my boot. What do I do?

The boot has a thicker sole; this can make you feel uneven. Make sure you wear a supportive shoe or trainer on your uninjured foot. This will reduce stress on other joints.

If you need more advice contact the Virtual Fracture Clinic.

#### I am diabetic, does this change things?

If you are diabetic please contact us to discuss your boot. This is particularly important if you have problems with your skin. We may provide you with an alternative boot or cast. You should monitor your skin condition daily for any area of redness and contact the Virtual Fracture Clinic Team or the plaster room to discuss in more detail.

## When can I start driving?

You can return to driving when:

- You are no longer using your boot,
- You can walk comfortably and
- You can perform an emergency stop pain free.

Always test your ability to drive in a safe environment first.

## How can I get a certificate for work?

You can get a fitness for work statement from the Virtual Fracture Clinic Team or your GP.

## I am struggling to return to my sport?

Please contact us and we can discuss further or refer you on for Outpatient Physiotherapy.

## What do I do with my boot and crutches when I no longer need them?

We are not able to use boots again. These should not be returned to the hospital.

Crutches can be returned to the Fracture Clinic or A&E.

## How do I contact the Virtual Fracture Clinic?

Telephone 01493 452295 or email [vfc@jpaget.nhs.uk](mailto:vfc@jpaget.nhs.uk)

### Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

**Before leaving please complete a Friends and Family Test feedback card.**

Help us transform NHS services and to support patient choice.

### OUR VALUES

#### Collaboration

We work positively with others to achieve shared aims

#### Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

#### Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

#### Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

#### Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**