

Elevation – keeping your ankle raised with your foot higher than your bottom when sitting helps stop swelling.

Analgesia – take ibuprofen or paracetamol to relieve pain. Ibuprofen should be used with caution if you suffer from asthma or stomach ulcers.

Further advice and information:

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Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King’s Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Ankle injury

Emergency Department

King’s Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

An ankle injury (sprain and swelling) is one of the most common injuries.

What is it?

It is an injury to the ligaments and soft tissues around the ankle, which results from movement of the ankle in different directions, most commonly:

- **Inversion** – when the foot turns inwards. This usually results in injury to the outer aspect of the ankle.
- **Eversion** – when the foot turns outwards. This usually results in pain to the inner aspect of the ankle.

If the ankle rotates it may result in injury to both aspects of the joint.

What can I expect?

Pain – usually below and around the bones of the ankle. This may vary from a burning sensation to a sharp pain.

Swelling – of which there can be a great deal round the ankle joint. This may be associated with a considerable amount of bruising which may take a while to subside. You should follow the advice you are given to help this.

Tenderness – when touching the area can often result in discomfort.

What can I do?

Rest – for the first 48 hours after you injure your ankle. However, it is important to try to exercise for 10 minutes each hour, especially after you have used ice. This will help stop your ankle becoming stiff and will exercise your calf muscles. Attempt to draw circles with your ankle and alternatively lift your toes and heel off the floor.

The next day try to walk with even strides (heel first, then toe) and put as much weight on your foot as your ankle will let you. Use stick crutches and wear sensible shoes.

Ice – in the form of ice packs (frozen peas wrapped in a damp towel will do) on the injury for 10 minutes, 4-6 times a day. Do not put ice packs directly on skin as they can burn.

Compression – you may be given a support bandage or strapping to wear during the day. This fits from the base of your toes to below the knee so it does not stop your blood from circulating. This will be applied correctly in the Emergency Department.

Do not:

- x Be tempted to change the length of this.
- x Wear a support bandage at night.
- x Wear a support bandage if it is too tight; if your toes go blue, take it off at once.