

## X-rays

The doctor/nurse practitioner is trained to correctly examine your ankle injury. An x-ray will only be taken if there is concern that you may have a broken bone in your ankle joint.

Following the advice in this leaflet is often enough for the injury to recover. If your problem does not get better after three to four weeks and you were not referred to physiotherapy, please see your GP.

**Acknowledgement to the Patient Publications Service, University Hospitals of Derby and Burton NHS Foundation Trust, for original text.**

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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 (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 2789.

To be completed by the Communications office

Leaflet code: PIL202601-02-AI

Created: January 2024/ Revised: January 2026/ Review

Date: January 2028

## 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

### **The first 24 to 48 hours:**

1. Rest your foot and ankle as much as possible. Keep your (injured) ankle (and lower leg) raised higher than your hip (this reduces swelling).
2. Apply ice-packs for 20 minutes every two hours.
3. Every hour for five minutes, gently move the whole of your foot up and down to prevent the ankle joint becoming stiff.
4. Remember to correctly take the right painkillers at the right time.

### **After 48 hours:**

1. Apply ice-packs for 20 minutes, four times a day.
2. Begin to walk - place your heel to the floor first and rock onto your toes.
3. Exercise your foot muscles - imagine you have to pick up marbles from the floor using your toes.
4. Exercise your ankle joint - make the shapes of the letters of the alphabet with your foot.

5. Remember to correctly take the right painkillers at the right time.
6. Remember to continue to rest your foot and ankle, keeping it raised higher than your hip.

### **After 72 hours:**

1. Decrease the use of the ice-packs as the swelling begins to go down.
2. Exercise your foot and ankle as above.
3. Increase walking activity.
4. Rest your foot and ankle for one hour at a time during the day and evening.
5. Remember to correctly take the right painkillers at the right time.

Sometimes physiotherapy may be needed in the treatment of your ankle injury. The doctor/nurse practitioner will have told you about this. You will receive your appointment through the post..

**Remember - your ankle may take a few weeks to get better.**

### **Physiotherapy**

Sometimes physiotherapy may be needed in the treatment of your ankle injury. The doctor/nurse practitioner will have told you about this. You will receive your appointment through the post..

### **Car drivers/motor cyclists**

For both your safety and that of other road users, we advise you do not drive until your ankle is pain free on movement and you can safely perform an emergency stop.

### **Sports/dancing/activity**

We recommend that you do not take part in any activity that will put stress on your ankle for at least 10 to 14 days, OR until your ankle is pain free on movement and walking.