

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 (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202507-02-ASAFA
Created: October 2023/ Revised: July 2025/ Review
Date: July 2027

**Information reproduced with permission from
Cambridge University Hospitals NHS Trust**

INFORMATION FOR PATIENTS

Discharge advice

Ankle sprains and avulsion fractures



What is an ankle sprain?

An ankle sprain is an injury to the ligaments surrounding the ankle joint. This often occurs when the ankle is forced to bend more than normal, stretching the ligaments and soft tissues which hold the ankle and foot bones in place. In a severe sprain, the ligaments may be partially or completely torn.

What is an avulsion fracture?

Occasionally a small piece/flake of bone may be pulled off, where the ligament attaches to the bone. These are minor fractures and are stable, so you will not need a plaster cast. You may be given a supportive boot to wear for up to six weeks.

Avulsion fractures are treated in the same way as a sprain. These fractures may take several weeks to heal, whilst you may expect pain and swelling for up to a few months.

These injuries are not routinely followed up at hospital.

Swelling and bruising at the fracture site is normal. Regular pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

You should:

- Take pain killers as needed to keep pain levels under control.
- Use ice and elevate your ankle to bring the swelling down.
- Wear supportive footwear as recommended; this can be removed at night and when resting.
- Weight bear as the pain allows, in the walking boot.
- Gently start to move the ankle .

You should not:

- Take part in any physical contact sports which may put you at risk of further injury. The time frame for this will be outlined at the point of assessment.
- Drive whilst wearing the walking boot as you will void your insurance should you have an accident.

Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

If you develop any issues or have concerns/questions we advise you seek help.

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180. For any plaster or splint concerns, please call 01623, 622515, extension 4114. Both can be accessed between 8am and 4pm, Monday to Friday.

Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.