

To improve your balance, try this exercise as soon as your ankle has settled down

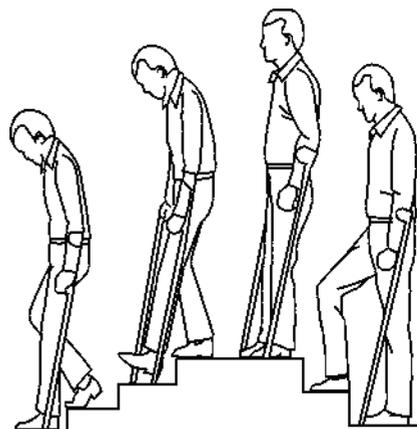
- Stand on your injured leg and lift your uninjured leg off the ground, try not to hold on to anything. Do this several times a day until you have regained your normal balance.

Walking up and down the stairs using crutches

Take one step at a time. Hold the hand rail if there is one available. Then take both of your crutches/sticks in your other hand.

Walking up:

1. Uninjured leg
2. Injured leg
3. Crutches/sticks



Walking down:

1. Crutches/sticks
2. Injured leg
3. Uninjured leg

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Acute ankle injury



When you have sprained your ankle it is likely that it will swell and bruising may appear. A good way to treat this type of injury is with a combination of rest, ice, and elevation.

Rest Limit your walking in the early stages following your injury. Use a walking aid if necessary.

Ice Make an ice pack using a pack of frozen peas or crushed ice wrapped in a damp tea towel. Place the ice pack directly over your ankle for about 15 minutes (but no more than 20 minutes) at least four times a day. This helps to reduce the swelling.

Elevation When sitting, keep your ankle and knee fully supported and higher than your hip. This helps to reduce the swelling. Keep your foot moving up and down as this helps to pump the swelling away.

For severe injuries you may be given a tubigrip or similar support.

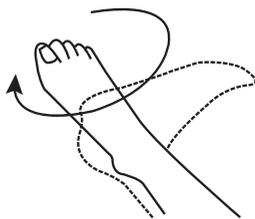
Exercise – little and often throughout the day

It is extremely important to start to exercise as soon as you can. Your ankle muscles provide strength and stability and become weak very quickly. The following exercises will improve your recovery and prevent your ankle from getting stiff.

To improve movement

Sitting with your legs out in front of you:

- pull your foot up at the ankle as far as you can and hold for a few seconds, then release
- push your foot down as far as you can and hold for a few seconds
- try making circles with your foot.

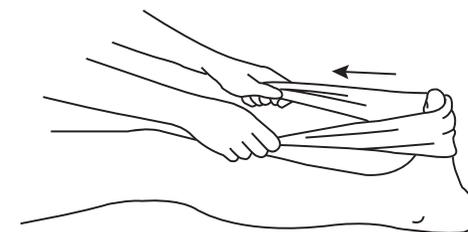


Sitting

Sitting in a chair with your feet on the floor, lift your toes and foot keeping your heels down and then lift your heels keeping your toes down. Repeat a few times in each direction.



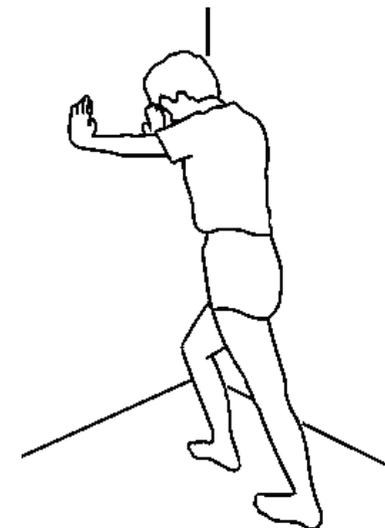
It may help to exercise both feet at the same time so you can compare movement. You could also loop a towel or bandage around the sole of your foot to increase the stretch.



Calf stretch

Do this exercise at least three times a day as soon as you feel able.

1. Support yourself by placing your hands against the wall or by holding onto something.
2. Step forward with your good leg. Keep your injured leg behind you with the heel down, toes forward and knee straight.
3. Lean on to your good leg until you feel a stretch in the calf muscle of your injured leg. Keeping your back straight and your hips pointing forward, hold this position for 30 seconds.
4. Repeat the exercise but this time slightly bend the knee of your injured leg. This stretches the deep calf muscle.



Walking

- Try to avoid limping; walk as normally as possible, putting your heel down first followed by your toes.
- Slow down your pace of walking; take even steps.
- For severe injuries you may be issued with crutches or sticks.
- If you are given one crutch or a stick this should be used on the opposite side to your injury.