

Ankle Injury

If you follow the advice in this leaflet, it will help you to get better more quickly. It will help the sprain to heal correctly and your ankle to stay mobile and strong. Commonly pain and discomfort may persist for up to 2 months or more from the time of injury, but not in a severe form.

Pain Relief

- Wrap a packet of frozen vegetables or ice in a wet towel or pillowcase to prevent ice burn. Place this over the ankle for about 10 to 15 minutes, 4 times per day for two days.
- Painkillers, e.g. paracetamol/ibuprofen, take them regularly

Reduce the Swelling and Prevent Stiffness

- Sit with your leg propped up, well above the level of your bottom
- Avoid excessive walking and elevate the leg and foot during the first week
- Try these exercises 10 times every hour (within the limits of pain). *Sitting with your foot free:*
 - Circle your ankle keeping the knee straight
 - Pull your foot and toes up, then push down
 - Turn the heel of your foot out and then gently in. (Start after 24 hours of injury) As pain reduces, you can stretch more vigorously.

Putting weight onto your foot

- As your pain becomes less, put more weight onto your foot. If you are limping badly, continue to use the walking aid, but gradually put more weight onto your foot. If you use one stick, use it in the opposite hand to the injured foot.

Balance

- Your ankle helps you to balance. Once it is injured, it is weakened and liable to re-injury unless the balance mechanism is strengthened.
- *Once you are walking without crutches try these exercises each day*
 - Stand and balance on the injured ankle whilst holding onto a table for support, for two minutes
 - Stand and balance on the injured ankle without support. Now write the letter A in the air with your good foot. Practice this as often as possible
 - Progress to standing and balancing on the injured ankle with your eyes closed (have a table near for support) for one minute

Driving - Only drive when you can safely do an emergency stop

Sport - Do not try walking or running sports until you can do all the exercises without pain. Wear a support bandage, if necessary, and test your ankle fitness before you play a match.

If you need further advice, please contact the Accident & Emergency Department – details below

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help. If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>

www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743