

## Further Information

If you require any further information after reading this booklet, please contact:

Physiotherapy Call Centre  
Tel: 01926 600818

### Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to quality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- You have a responsibility to treat other service users, patients and or staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

### PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600054, by email: [Pals@swft.nhs.uk](mailto:Pals@swft.nhs.uk) or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

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Approved by  
SWFT Patient  
Information  
Group



**South Warwickshire**  
NHS Foundation Trust

THERAPIES SERVICE

# *Rehabilitation Advice for Ankle Injuries*

**Patient Information Leaflet**

**If you are unable to attend your appointment please  
telephone 01926 600818 to cancel your appointment**

*This leaflet is designed to promote quick recovery of your ankle injury and minimise further injury.*

## Early management

Follow the below 'PRICE' principles to help minimise ankle swelling and promote quick healing.

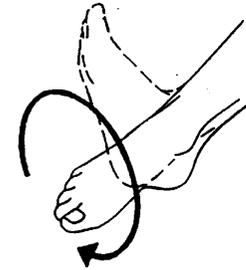
- P** – Protect your ankle by limiting your walking, wearing supportive footwear. Use walking aids if instructed by your Physiotherapist / Doctor.
- R** – Rest your ankle to allow tissues to heal.
- I** – Ice should be applied regularly to minimise swelling and help with pain relief. Apply crushed ice or a packet of frozen peas in a damp towel next / over the skin for up to 15 minutes. Do not use ice if you are circulatory or sensation problems.
- C** – Compress the ankle joint if swollen by applying a tubigrip bandage. Remember to remove the bandage at night.
- E** – Elevation is important to help minimise swelling. Rest your ankle so that your foot is higher than your heart.

## Walking

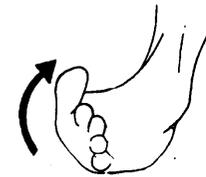
Try to start walking normally as soon as pain allows, unless instructed otherwise. Try to ensure a good walking pattern without a limp. Return any crutches to the Physiotherapy Department when you've finished using them.

## Exercises

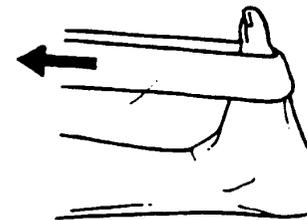
It is important to regain movement in your ankle as quickly as possible to prevent further complications. Initial stiffness should decrease with repetition. The following exercises may be started as soon as possible after the injury. Aim to exercise minimum of three times daily.



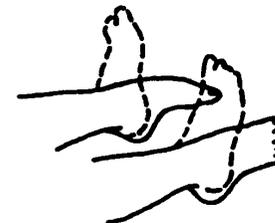
Sitting or lying.  
Rotate your ankle.  
Change directions.  
Repeat 10 times.



Sit on the floor or on a chair.  
Turn your foot inwards, as if to look at the sole of your foot, and then outwards.  
Repeat 10 times.



Sit with one leg straight out in front of you. Put a band around your foot.  
Gently pull the band and stretch in your calf. Hold approximately 15-20 seconds.  
Repeat 5 times.



Lying on your back or sitting.  
Bend and straighten your ankles.  
If you keep your knees straight during the exercise you will stretch your calf muscles.  
Repeat 10 times