

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 or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

Catalogue Number: SWH 00956

Version: 2.1

Publication Date: November 2017

Review Date: November 2022

Author: Physiotherapy Team Leader



Approved by
SWFT Patient
Information
Group



South Warwickshire
NHS Foundation Trust

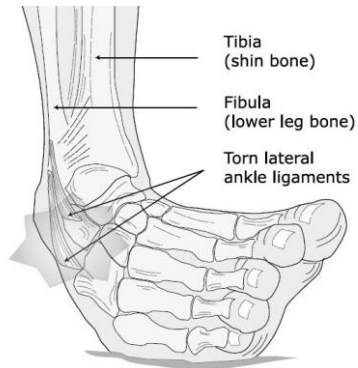
PHYSOTHERPAY DEPARTMENT

Rehabilitation Advice *Following an Ankle Sprain*

Patient Information Leaflet

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

Ankle sprains commonly occur when the foot turns excessively during a twisting injury. This over stretches the ankle ligaments and causes pain, swelling, bruising and difficulty in moving the ankle.



<http://www.ouh.nhs.uk/patient-guide/leaflets/files%5C090427anklesprainadvice.pdf>

Frequently Asked Questions

Q. Will I need crutches?

A. Depending upon the individual injury you may be advised to use crutches initially to protect the ankle by taking some weight off it. Your physiotherapist will advise you on this.

Q. Will I be able to drive?

A. *"It is the responsibility of the driver to ensure that he/she is in control of the vehicle at all times and to be able to demonstrate that is so, if stopped by the police"* (www.dvla.gov.uk). You are unlikely to be safe to drive while you are walking with crutches.

Q. How long will it be before I can return to normal activity?

A. This will depend on each individual injury. Your physiotherapist will advise you on progressing exercises to strengthen your ankle and enable you to return to normal activity.

Q. Is it normal for my ankle to swell?

A. Yes. The PRICE principles and the gentle exercises in this leaflet aim to help with reducing swelling following your injury.

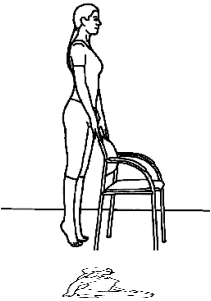
Exercises Continued



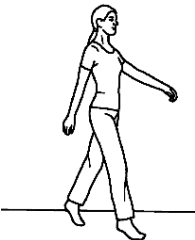
© PhysioTools Ltd

Kneeling, sitting on your calves. Hold on to the foot of the leg to be stretched. Stretch your foot and toes by slowly pulling upwards. Do not rotate your foot inwards.

Hold for 20 seconds
Repeat regularly throughout the day



Ensure you have a stable surface to hold onto
Stand with feet hip width apart. Push up onto your toes lifting your heels off the floor
Hold for 20 seconds
Repeat regularly throughout the day



© PhysioTools Ltd

Walk on your tip toes
Repeat regularly throughout the day



© PhysioTools Ltd

Ensure you have a stable surface to hold onto. Stand on your affected leg. Keep your body upright. Try to balance without holding onto anything.
Repeat regularly throughout the day

To progress:
Slowly move your head from left to right
Close your eyes

What can I do to Help?

Medication:

We advise that you take simple pain relief to help control your pain. We also recommend simple anti-inflammatories to help minimise your swelling. Ask a pharmacist for advice on what is appropriate for you to take.

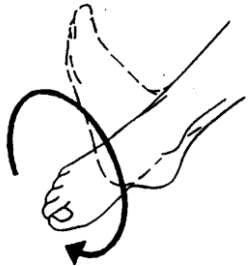
PRICE:

Follow the 'P.R.I.C.E.' principles below to help minimise ankle swelling and promote healing.

- P – Protect** your ankle by limiting walking and wearing supportive footwear. Use walking aids if instructed by your physiotherapist / doctor.
- R – Rest** your ankle for a few days to allow the soft tissues to heal. Avoid prolonged rest as this may cause stiffness to develop.
- I – Ice** should be applied regularly to help minimise swelling and aid pain relief. Apply crushed ice or a packet of frozen peas wrapped in a damp towel next/over the skin for up to 15 minutes. Do not use ice if you have problems with your circulation or sensation.
- C – Compress** the ankle joint if swollen by applying a tubi-grip bandage. Remember to remove the bandage at night or when you are elevating your leg.
- E – Elevate** your ankle. Whenever possible, try and rest your ankle in a position so that your foot is higher than your hip. This will help to reduce the swelling.

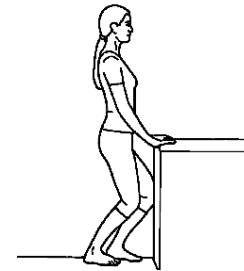
Exercises

It is important to regain movement in your ankle as quickly as possible to prevent further complications. Initial stiffness should reduce with exercise. Your physiotherapist will indicate which exercises are suitable for you.



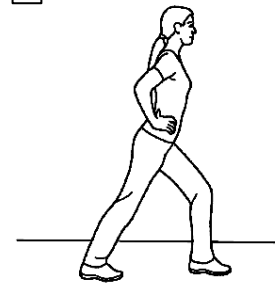
© PhysioTools Ltd

Sitting or lying.
Rotate your ankle in circles in both directions
Repeat 20 times
Repeat regularly throughout the day



© PhysioTools Ltd

Facing the wall, place your injured leg with your foot touching the skirting board. Keep your heel flat on the floor whilst you bend your knee so that your knee touches the wall.
Gradually increase the distance between the wall and your injured leg
Hold 30 secs
Repeat regularly throughout the day



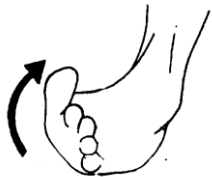
© PhysioTools Ltd

Ensure you have a stable surface to hold onto.
Stand with your legs hip width apart, step forward with your unaffected leg. Lean your weight forward onto your front leg, keep your back leg straight and heel on the floor, ensuring the knee doesn't bend. You should feel a stretch down the back of your back leg.
Hold 30 secs
Repeat regularly throughout the day



© PhysioTools Ltd

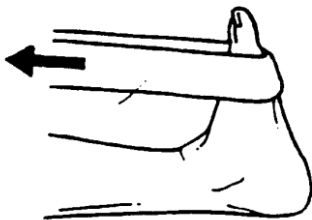
Stand on the bottom step of your stairs. Hold onto the wall/handrail. Drop both heels off the back of the step. You should feel a stretch down the back of your legs.
Hold 30 secs
Repeat regularly throughout the day



© PhysioTools Ltd

Sitting with your foot on the floor.
Alternately raise the inner border of your foot (big toe) and then the outer border (little toe).

Repeat 20 times
Repeat regularly throughout the day



© PhysioTools Ltd

Sit with one leg straight out in front of you. Put a towel or dressing gown cord around your foot. Gently pull the towel/cord and stretch your calf.

Hold 30 secs
Repeat regularly throughout the day