

Ankle Injury

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)

01225 825015 (night)

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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1. Elevate to reduce the swelling, keeping your foot well up above the level of your bottom.
2. Apply ice to ease pain, swelling and bruising.

Method:

Wrap frozen peas or crushed ice in a damp towel.

Place around elevated ankle for 10-15 minutes.

Repeat 4-6 times a day for 48-hours after injury.

3. Exercise every hour for 10 minutes, especially after ice treatment. If you hold you ankle still it will become more difficult to move it from that position – *i.e.* it will stiffen up.

The exercises for you to do can be found at:

https://gateway.physiotools.com/print/P.aspx?PrintDataId=199bcd177802459_DD08388F

4. Take simple painkillers for the first few days (e.g. Paracetamol and/or Ibuprofen) if you feel you need help with the pain.
5. **Walking** – be as active as you can and rest when required. Try to walk normally (heel first and then toe). Put as much weight through the foot as pain allows. Use a stick or crutches as advised. Wear sensible shoes and avoid standing still.
6. If pain increases or swelling gets worse go back to the Emergency Department or your GP.