Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Stable Ankle Fracture

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Stable Ankle Fracture

Patient Information Leaflet

Trauma & Orthopaedic Department

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Introduction

You have a break to the bone on the outside of your ankle. This simple break heals well without an operation or plaster. You may have been provided with a boot and/or crutches.



Healing

The fracture (broken bone) will take around 6-12 weeks to heal.

Smoking slows down healing. We advise you to stop (at least whilst recovering from your injury). Talk to your General Practitioner (GP) or go online at https://www.nhs.uk/smokefree

We do not routinely follow up these injuries; they recover well with self-management. Please contact the team if after 12 weeks you still have significant pain, or if you are still using the boot or crutches at 6 weeks.

Caring for your injury week 1-4

Remember to wear your boot when standing or walking for the first four weeks. You can take the boot off to sleep at night and when resting.

Using ice can help with your pain and swelling. Wrap a damp tea towel around a bag of frozen peas and place on your foot and ankle for up to 15 minutes, each hour, as needed. Do not use ice if the feeling in your foot or ankle is reduced, or if you have skin problems.

Rest your ankle for the first 24 – 72 hours after your injury. Sit more than usual and keep your foot lifted off the floor on a stool or cushions. This will help to reduce the swelling.

Ankle exercises

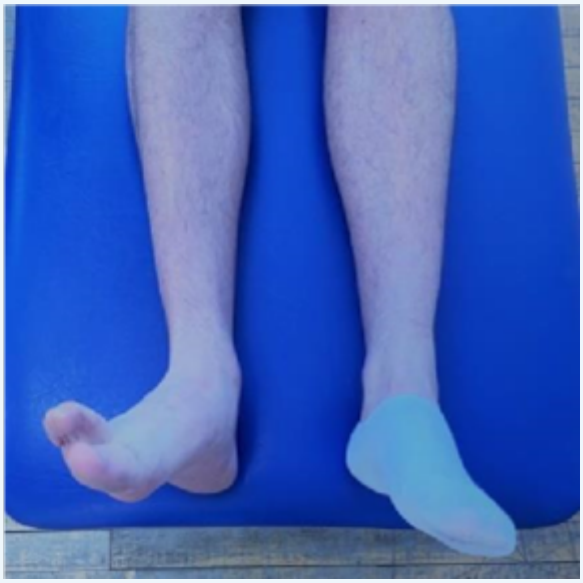
Movement of your foot and ankle is important to help your circulation and reduce the risk of developing a blood clot (deep vein thrombosis or DVT).

Start these exercises now, moving as far as you can comfortably. Repeat 3-4 times a day.









Seated Ankle Glides





Calf Stretch





Caring for your injury week 4-6

You can now stop using your boot/crutches. To start with, try this for short periods around the house. Build up to longer amounts of time in one go and walking outdoors. You should not be using your boot/crutches after 6 weeks.

Gradually increase the amount of time you spend up on your feet, along with your general, day to day activity levels. Return to sport when you are pain free and have full movement in your ankle.

Caring for your injury week 6-12

It is normal to still have some swelling and discomfort. This may continue up to a year after your injury.

You should no longer be using your boot or crutches. You are now ready to start to challenge your foot and ankle more, with harder exercises. This last stage of rehabilitation is important to improve your balance and reduce the risk of you injuring your ankle again.

Start these exercises to improve your muscle strength and balance:

Sit – Stand (Chair Squat) 	• Start by sitting on the edge of a chai shoulder width apart. Bend from the forward and drive up into a standing ensuring your bodyweight is directed your heels. • Stand up, without using your hands Repeat x 10

Single Leg Balance 	• Hold onto your kitchen worktop or th chair. Stand on your injured leg and Gradually try to do the exercise with onto to anything. • Closing your eyes makes the exerci • Standing on something wobbly (like makes this harder still. Aim for 20-30 seconds of balancing

Disclaimer

Not all exercises are suitable for everyone, and while every precaution has been taken in selecting these exercises, they do not come without risks. If you have any concerns regarding your injury, or whether you should partake in the exercises, then you should consult your GP or physiotherapist before beginning any exercises in this leaflet.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and does not have an overall negative effect on your symptoms.

The exercise plans shown in this leaflet are designed to be used as a guide and a point of reference; they can be modified and progressed under the supervision of your physiotherapist.

Frequently asked questions

When can I drive?

You must not drive with the boot on. It is your own responsibility. You are allowed to drive when:

- You can safely control the car
- You are no longer using the boot
- You are walking normally
- You can perform an emergency stop.

When can I go back to work?

This depends on your individual situation. You can return to work when you feel able to do your job. Consider a phased return where needed/possible.

What do I do with my boot and crutches once I have finished with them?

Please return crutches to the Fracture Clinic or Emergency Department. You do not need to return your boot.

For more information online, please visit https://www.wwl.nhs.uk/virtual-fracture-clinic

Further Advice

If you have any concerns regarding your ankle, contact:

Fracture Clinic Helpline: 01942 822595 Monday to Friday (8.30am until 5pm). Please

leave an answer message with patient details and we will return your call.

If you have any urgent concerns out of hours, please call 111.

Adult MSK Physiotherapy Self-Referral

If you are struggling to regain your movement or get back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage:

https://www.wwl.nhs.uk/adult-msk-physiotherapy-self-referral



Please scan the QR Code to access the website.

Telephone Numbers:

Boston House Health Centre Telephone 03007071113

Leigh Infirmary Telephone 03007071597 / 03007071595

Platt Bridge Health Centre Telephone 03007071772



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