



# Soft Tissue Ankle Injury

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## You will not be routinely followed up.

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

## You have sustained a soft tissue injury (sprain) to your ankle.

This can take approximately 6 weeks to heal, although pain and swelling can be ongoing for 3-6 months. You may walk on the foot as comfort allows although you may find it easier to walk with crutches in the early stages.

The swelling is often worse at the end of the day and elevating it will help. If you have been given a boot to wear it is for your comfort only and is not needed to aid healing.

Take pain killers as prescribed. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

We do not routinely follow up patients with this type of injury.

If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone details at the top of this letter.

**If after six weeks you are still experiencing significant pain and swelling or struggling to wean out of the boot please do not hesitate to contact us for a further consultation.**

## Please follow the Management/rehabilitation plan shown below:

Weeks since injury	Rehabilitation plan
0-2	If supplied, wear the boot for comfort when walking. Whether you wear it at night in bed is up to you. It is fine to remove the boot to wash and air the foot when not walking. Begin the 'Initial Exercises'. If necessary wean yourself off the crutches as able.
2-6	Try and wean yourself out of the boot and walk without the crutches. Try walking around the house at first. You will want to wear it if you go on a long walk. Start the exercises below labelled 'Exercises from 2 weeks onwards'.
6-12	The sprain is healed and you can resume normal activity but be governed by any pain and swelling you are experiencing. You should be able to carry out day to day activities although arduous tasks/long walks may cause discomfort and swelling. Begin the 'Advanced exercises for sports rehabilitation' exercises.

## Initial advice

### Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief. Apply this to the sore area for up to 15 minutes, every few hours ensuring the ice is never in direct contact with the skin.

### Rest and Elevation:

Try to rest the foot for the first 24-72 hours to allow the early stage of healing to begin. Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.

### Early movement and exercise:

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a DVT (blood clot). Follow the exercises below without causing too much pain. This will ensure your ankle and foot do not become too stiff. These exercises will help the healing process.

Early weight bearing (putting weight through your injured foot) helps increase the speed of healing. Try to walk as normally as possible as this will help with your recovery.

## Smoking cessation

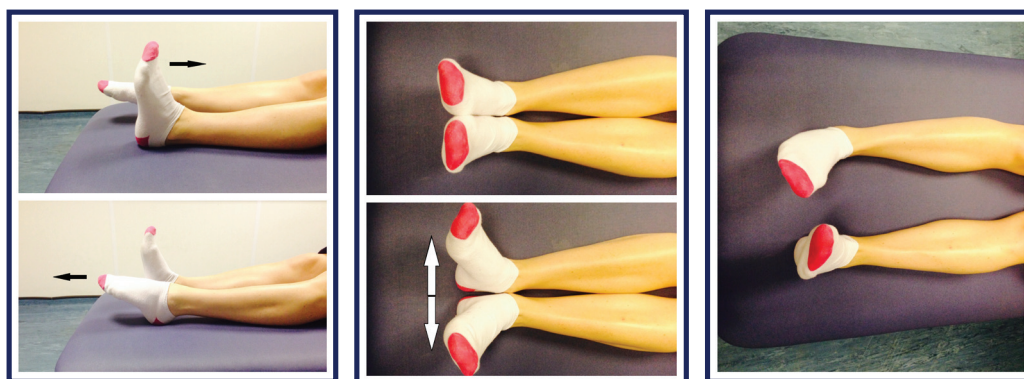
Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

## Initial exercises to start straight away (3-4 times a day)

### Ankle and foot range of movement exercises. Repeat these 10 times each.

1. Point your foot up and down within a comfortable range of movement.
2. With your heels together, move your toes apart, as shown in the picture.
3. Make circles with your foot in one direction and then change direction.

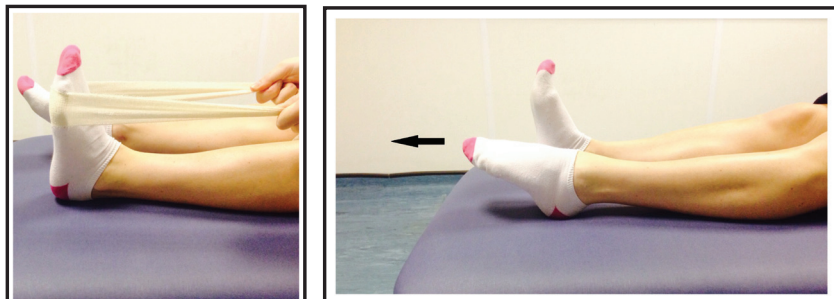


## Exercises from week 2 onwards

### Ankle stretches

1. Sit with your leg straight out in front of you. Put a towel/bandage around your foot and pull it towards you. Feel a stretch in the back of your calf.
2. Point your toes down as far as they go, then use the other foot on top to apply some pressure to create a stretch on the top of your foot.

Hold both stretches for up to 30 seconds and repeat 3 times.



## Exercises from week 6 onwards

### Balance strategy exercises

**Level 1:** For patients who could not stand on one leg before their injury.



a) Stand with your feet as close together as possible, using something firm to hold onto. Hold this for 30 seconds. If you can do this move onto Level 1b.

b) As above, but removing your hand so that you are balancing. Hold this for 30 seconds. If you can do this move onto Level 1c.

c) Holding onto something firm, put one foot in front of each other as close together as you feel comfortable with.

Hold this for 30 seconds. If you can do this easily you may like to try without holding on, but only if you feel confident to do so.

**Level 2:** For patients who could stand on one leg before their injury.



a) Holding onto a firm surface, attempt to stand on one leg. Hold this for 30 seconds, making sure it does not induce any pain. Once you can achieve this pain free, move to Level 2b.

b) As above, but removing your hand so that you are balancing. Hold this for 30 seconds. If you can do this move onto Level 2c.

c) Once confident with your eyes open, progress to attempting this with your eyes closed. Always stand in a safe environment with a firm surface close by should you need it. Hold this for 30 seconds.

## Advanced exercises for sports rehabilitation

**Stage 1:** For patients who would like to develop dynamic ankle control for sports.



a) Standing on an uneven surface such as a doubled-over pillow or wobble cushion, attempt to balance for 30 seconds. Once you can achieve this pain free, move to Stage 1b.

b) Once confident with your eyes open, progress to attempting this with your eyes closed. Always stand in a safe environment with a firm surface close by should you need it. Hold this for 30 seconds.

**Stage 2:** For patients who would like to develop dynamic core control for sports



a) Stand with one foot in front of the other, with your hands together. Swing your arms in a figure of eight in both directions for 1-2 minutes, or as able.

b) As above, but bring your feet so they are touching toe to heel.

c) As a) and b) above, but with your eyes closed.