

Helping your Ankle to Recover After a Fracture

This leaflet can be made available
in alternative languages / formats on request.

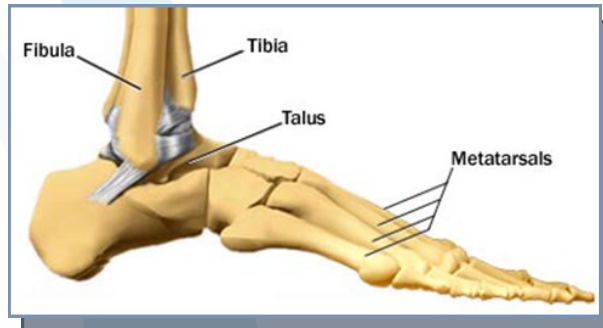
*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Author: Therapy Team
Department: Therapy Services
Document Number: STHK0936
Version: 1
Review date: 27/06/2021

Ankle Fractures

This leaflet gives you advice and exercises to help your ankle recover after your fracture. Now that you have had the cast removed it is very important that you gradually try to use your foot and ankle as normally as possible. At first your ankle will feel stiff and possibly painful. This is because it has been held in one place by the plaster.



Removing dry skin

It is advisable to soak your foot and ankle after your cast comes off to remove the dry skin. Do this by placing your foot and ankle in warm water for about 5 – 10 minutes. The dry skin should then easily rub off with a towel. This can be followed by using moisturising cream.

Swelling and pain

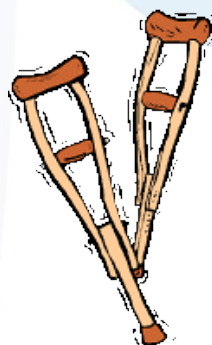
Your foot and ankle may swell up after the cast is removed. If this happens, keep your foot raised as much as possible when not walking. This will minimise the swelling.

Pain and swelling can be eased by using ice for about 15-20 minutes over the ankle area. Wrap the ice in a damp towel to protect the skin. Basic painkillers will also help.

If the pain becomes severe or continuous, we suggest you contact your GP for advice.

Weight bearing

Now that your cast has been removed your consultant may have advised you to start weight bearing through your injured leg. This can be done initially by partial weight bearing (walking with a small amount of weight through your injured leg with one or two crutches) or full weight bearing (walking without crutches). Your consultant or physiotherapist will guide you.

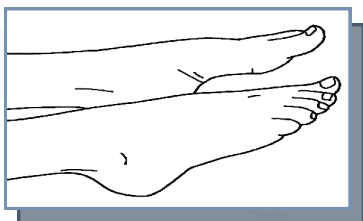


Exercises

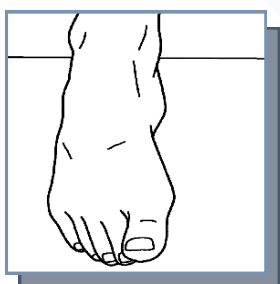
It is important that you start to exercise your foot and ankle as soon as your cast is removed. By exercising and regaining normal movements, the feeling of stiffness and pain will gradually subside.

You may find your knee and hip joints are stiff too, so keep these moving if they are not injured.

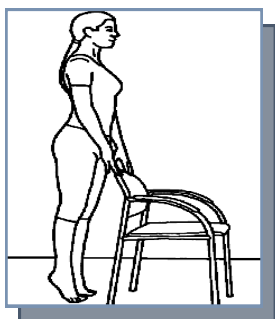
The exercises will be most effective if done regularly. It is advisable to do them 3-4 times a day. It is better to repeat the exercises a few times an hour rather than once a day for a long period (little and often).



Lying on your back or sitting, bend and straighten your ankle slowly. You may feel a stretch at the back or front of your knee. Repeat 10 times.



Sit with your foot on the floor. Alternately raise the inner border of your foot (big toe) and then the outer border (little toe). Repeat 10 times.



Stand. Push up onto your toes and lift your heels. Repeat 10 times.



Stand in a walking position with your injured leg stretched straight behind you. Take support from a wall or chair.

Lean forwards until you feel a stretch in the calf of the back leg. Hold approx. 30 secs. Repeat 3 times.



Stand in a walking position with your injured leg behind you. Take support from a wall or chair. Bend your injured leg and let the weight of your body stretch your calf without lifting the heel off the floor. Hold approx. 30 secs. Repeat 3 times.

You might be referred for further physiotherapy to help to improve the strength and function in your ankle.

If you have any questions or require further information, please contact the department on the number on the back of the leaflet.

Contact information

Acute Musculoskeletal Therapy Team:

0151 646 5519

Patient Advice and Liaison Service (PALS):

0151 430 1376

St. Helens Hospital
Marshalls Cross Road,
St. Helens, Merseyside WA93DA
Telephone: 0151 426 1600

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

 /sthknhs  @sthk.nhs

www.sthk.nhs.uk