

Comments, Compliments, Complaints

Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact either:

Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113**

10am to 2pm, Monday to Friday

Messages can be left outside these hours.

Email: pals.hchs@nhs.net

Patient Experience Team

Tel: **01707 388036**

9.30am to 4pm, Monday to Friday

Messages can be left outside these hours

Email: complaints.hchs@nhs.net

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Email: communications@hchs.nhs.uk

Web: www.hct.nhs.uk

If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388148

Proud to 
care for you

Ankle Sprain

Self-Management Information for Patients



This leaflet has been produced by staff working in our Outpatient Physiotherapy teams, part of our Musculoskeletal Service

What can I expect after an Ankle Sprain?

An ankle soft tissue injury can take up to 12 weeks to recover.

Symptoms

- Pain or discomfort
- Stiffness
- Swelling
- Weakness
- Bruising

Rehabilitation

Your symptoms should improve with time and gradual progression of exercise. It is important to try and walk as normally as your pain allows.

To help regain normal function of your ankle, follow the advice below:

- To reduce the swelling, try contrast bathing. This is where you alternate between bathing your ankle in warm and cold water for 30 seconds at a time, for up to 5 minutes daily.
- Elevate your affected foot on cushions for short periods during the day should also help reduce swelling.
- Try to move your foot / ankle every couple of hours.
- Try walking for short periods of time to help reduce stiffness

Suggested Exercises:

■ Ankle Movements



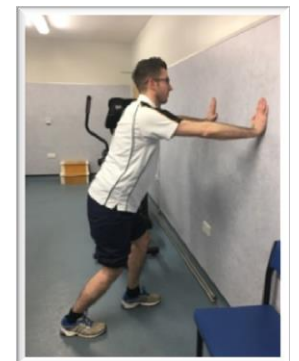
Pull your foot up towards you. Point your foot down. Turn your foot inwards. Turn your foot outwards. Try to keep your leg still. Repeat 10 times in each direction.

■ Calf Stretches



Stand with one foot in front of the other, both feet pointing forwards. Lean forwards, keeping your back knee straight. Hold for 30 seconds, repeat three times.

Stand with one foot in front of the other, both feet pointing forwards. Lean slightly forwards, bending your back knee. Hold for 30 seconds, repeat three times.



■ Single Leg Balance

Practice balancing on one leg for as long as you can.



■ Bilateral HRs



Stand with fingertips holding on to the back of a chair. Stand on your tiptoes as high as you can. Repeat until fatigued.



Gradually increase from light activities to normal activities as your pain allows.

It is normal for your ankle to ache with use and for swelling to be present after exercise and towards the end of the day for up to 12 months.

If you are worried that you are suffering from extreme pain and your symptoms are not settling with the above advice please see your GP.

