Ankle sprain

What is an ankle sprain?

An ankle sprain occurs when the ligaments that hold the ankle joint together are stretched or torn. In a minor sprain, some of the fibres within the ligament are stretched. In more serious sprains the ligament may be torn, either partially or completely. Most sprains take a maximum of 4 to 6 weeks to heal.

Advice

1) **Apply ice** to the sore area for 10 to 15 minutes four times per day for the first two days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
2) After two days, you may **apply heat** to the injury to help relieve pain. Use a hot water bottle wrapped in a towel.
3) **Keep your leg raised** whenever possible to lessen swelling.
4) Use **crutches** as instructed until you can walk without causing excessive pain. Start to **bear weight** on your affected foot gradually.
5) Take paracetamol and/or ibuprofen for **pain relief** as directed
6) Wear **comfortable shoes**.

Seek medical attention if:

- there is worsening pain and swelling
- your toes feel cold and/or numb
- there is a change in toe or toe nail colour – if they become pale or blue
- movement of toes causes excessive pain
- you have difficulty in weight bearing after a week
Recovery

- Following a sprain or a strain, the length of time that it will take for you to recover will depend on how severe the injury is.
- Depending on its severity, after an ankle sprain you will probably be able to walk within 1-2 weeks after the injury. You may be able to use your ankle fully after 6-8 weeks and you will probably be able to return to sporting activities after 8-12 weeks.
- After 24-48 hours rest these exercises will help maintain the range of movement as the healing process continues, do 10 of each of these exercises 3 times/day

Bend ankle up towards body as far as possible, Hold for 5 seconds. Now point toes away from body and hold for 5 seconds

Move your ankle around slowly in a large circle, repeat in the opposite direction

Begin with foot flat on floor with towel as shown, keeping your heel on the floor repetitively “scrunch up” the towel with your toes.

Sit in a chair with your feet touching the floor. Push toes down to raise heel as shown, hold for 5 seconds
Assume position as shown, pulling the toes towards your body so that you feel the stretch, hold for 5 seconds

See your GP if pain persists after a week, they may refer you for physiotherapy if necessary.

**Further information**

More information is available Clinical Knowledge Summaries:

http://cks.nice.org.uk/sprains-and-strains

**Tell us your views**

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

**Friends and Family Test**

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at [http://surveys.this.nhs.uk](http://surveys.this.nhs.uk) using tag name `chftae` or by completing the form available within the department.

**If you have any comments about this leaflet or the service you have received you can contact :**

Manager
Emergency Department
Huddersfield Royal Infirmary
Telephone No: 01484 342396
[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital
Telephone No: Halifax: 01422 222325
[www.cht.nhs.uk](http://www.cht.nhs.uk)
If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obratte se prosím na výše uvedené oddělení.

Amennyiben ezt az információt más formátumban vagy nyelven szeretnél megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych.

औ इर्मीं दिंत नाखाची किंमे हे हे भूपृथक ना उम्मा दिंत हैट चतुरुंडे ते, अं विरणं बल्ले इलेक्ट्रॉड रिंडला दिंत माहे तला मंधव बदे

اگر آپ کوئی معلومات کسی اور فارسی، لازمان می یک درکار بون، تو برایی مریاری مندرجہ باالا شعبہ می بم سے رابطه کریں.