

To begin with; rest and elevate the swollen ankle as much as possible. Your ankle should be raised above the level of your hip (if possible with the knee straight and supported). To help relieve the pain and reduce swelling, apply an ice pack at least three times a day, with the leg elevated.

Tubigrip

This elasticated tubular bandage is usually given to help control the swelling, support the injured joint and prevent further damage. It should be worn doubled, with the cut ends nearest towards you and the fold furthest away from you.

Do Not wear the tubular bandage at night in bed. Put it on before you get out of bed.

Take it **off** to exercise the ankle—unless instructed otherwise.

Do Not roll it down or fold over the ends, this will block blood flow.

Footwear

With a swollen foot use soft laced shoes with a low heel, e.g. trainer. Avoid slippers especially mules. As soon as swelling allows wear normal sensible shoes.

Remember

When walking try to keep as normal a walking pattern as possible. Even if you are only putting a small amount of weight through the foot, put heel down first and then rock onto toes.

If you are using a stick, carry in the opposite hand to the injured ankle.

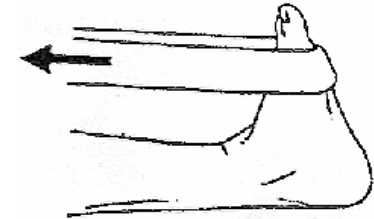
If using crutches you will be instructed on how to use them.

Exercises (should be little and often)

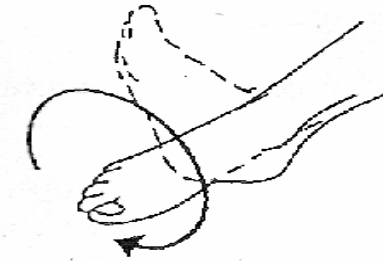
1. While resting your ankle and keeping the knee straight and supported, pull the foot up towards you—hold for a count of 3. Now point the foot down—hold for a count of 3, (When this exercise is done correctly you should feel your calf muscle working).



2. Repeat the above exercise moving the ankle briskly up and down. Repeat 10 times. If weak you can use bandage or strap to assist you. Do not push into your pain.



3. In this same position, if pain will allow, move your foot around slowly in a large circle. Repeat 5 times in each direction.



4. Wiggle toes up and down 10 times.



5. With leg straight, push knee down flat and tighten thigh muscles 10 times
6. With leg straight, lift up hold for count of 3 and lower, repeat 10 times.



SPECIALIST IN NECK, BACK AND SPORTS INJURIES

JAVED MUGHAL
& Associates
Grad dip. phys. MCSP. SRP

7 Maidstone Road
Rainham, Kent ME8 0DH
Telephone: 01634 377638

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