

Following an ankle injury

Therapy department

01935 475 122
yeovilhospital.nhs.uk

The logo for Yeovil Hospital Healthcare, featuring a stylized 'Y' inside a circle with a rainbow-colored border.
Yeovil Hospital
Healthcare

Skin condition

Following the removal of your plaster your skin maybe quite dry and slightly discoloured. Wash the whole area in warm soapy water as long as any wounds are healed and then dry it thoroughly. Afterwards it is important to moisturise the skin as this will help with improving the suppleness of the tissues.

Walking aids

Following the removal of your plaster the bone will be strong enough to start bearing weight through the ankle as comfort allows to strengthen the bone.

It is also important to walk with a correct walking pattern. This is planting your foot down with the heel first and pushing off with your toes.

Swelling

To reduce the swelling in your ankle its essential that you follow the instructions below:

1. Apply a pack of frozen peas wrapped in a damp towel. Remove after 15-20 minutes. You can apply every two hours as required. Remove the ice if you experience excessive discomfort.
2. If you have been given a crepe or tubular bandage use it during the day but ensure to remove it at night. Position it from the base of the toes to the knee ensuring it does not crease or cut in.
3. Elevate your leg on a stack of pillows with your knee straight and ensure your ankle is above your hip.

Exercises

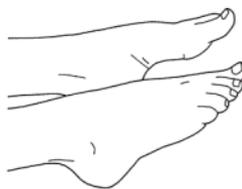
Following the removal of your plaster it is important to preform the following exercises four to six times per day in order for your ankle and foot to heal with maximum flexibility.

Slow control exercises are more effective and more comfortable than quick movements.

You may experience some discomfort initially with these exercises which can be eased with the use of cold treatment. If your pain persists please contact your GP or physiotherapist.

1. Gently bend your foot up and down from the ankle as far as possible

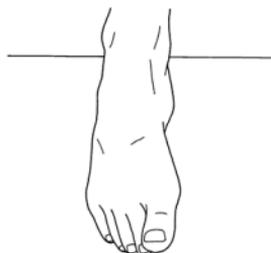
Repeat five to ten times



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2. Turn your foot inwards and outwards as if trying to look at your sole of your foot.

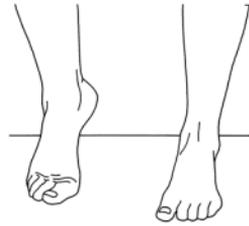
Repeat five to ten times



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3. In sitting raise your toes and heel off the floor alternatively so that your foot rocks back and forth from heel to toe.

Repeat five to ten times



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4. In standing, put your affected leg slightly behind you. Lean forwards keeping your affected leg straight. You should feel a stretch down the back of your leg. Hold this for 30 seconds.

Repeat two times



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5. In standing bend both your knees keeping your heels on the ground.

Repeat five to ten times

6. Holding onto a stable surface for support. Stand on your affected leg.

Try to hold for 30 seconds

For more information

The Therapy Department is open
Monday to Friday 8am till 5pm

If you have any questions or require
further information or advice, please
contact:

Therapy Department: 01935 384358

Therapy Fax: 01935 384358

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in another format, eg.
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language, please ask a
member of staff.**

Therapy Department
Level 3
Yeovil District Hospital
NHS Foundation Trust
Higher Kingston
Yeovil
Somerset
BA21 4AT

01935 475 122
yeovilhospital.nhs.uk

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