

Simple Exercises



1. Point your foot up and down.



2. Make circles with your foot.
Change direction.



3. Place your foot on the floor. Rock your foot from side to side, lifting the inner and then outer border of your foot.



4. Sit with your leg straight out in front of you. Put a towel round your foot and pull it up towards you. Feel a stretch in the back of your calf.

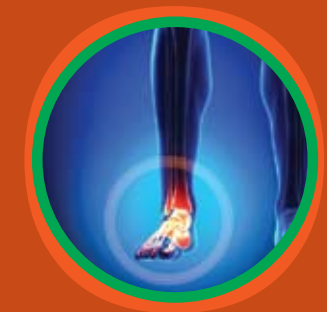
Please Note: These exercises should not increase your pain. Perform each exercise gently and slowly, only moving as far as feels comfortable. Practice each exercise up to 10 times, 2-3 times a day.

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ankle pain

This leaflet provides general information about ankle pain and simple exercises that may help.



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> **FREE 15 MINUTE CONSULTATION**

> **ONLINE PAYMENTS AVAILABLE**

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What is ankle sprain?

An ankle sprain is one of the most common types of soft tissue injury.

- It occurs when the foot is moved through a greater range of movement than normal. This stretches and weakens the soft tissues and ligaments that support the ankle.

What are the symptoms?

- Pain
- Swelling
- Bruising
- Difficulty moving the ankle normally

How long it will take to recover?

- The initial pain usually settles after a few days and during this time it is important to follow the simple treatment advice in this leaflet to ensure a good recovery.
- The soft tissues (muscles and ligaments) normally take around six weeks to heal, this timeframe may vary as everyone recovers from injuries at different rates.
- You are more likely to sprain your ankle if you have sprained it before. Be careful on uneven surfaces, going up and down stairs, and walking in shoes that are not supportive.

What treatment can I use?

Painkillers

- If your GP has prescribed pain killers, then these should be taken at the recommended dose.

Cold Packs

- A cold pack (ice pack or frozen peas wrapped in a damp towel) can also provide short-term pain relief. Apply to the sore area for up to 15 minutes, every few hours. Monitor your skin regularly to make sure it doesn't burn.

Rest

- Try to rest the foot for the first 24-72 hours. However, it is important to maintain flexibility in the ankle so you can gently move it without causing too much pain. This will ensure your ankle does not become too stiff and it will help the healing process.

Elevation

- Raise your ankle above the level of your hips to reduce swelling. You can use pillows to keep the foot up.

Early movement and exercises

- Early weight bearing (putting weight through your injured foot) has been shown to help your ankle heal more quickly. For this reason most people with an ankle sprain will not be given crutches.
- Try to walk as normally as possible as this will help your recovery.

What should I avoid?

In the first 48 hours after injury avoid the following as they might make your symptoms worse:

- Hot baths or showers
- Heat packs or heat rubs
- Drinking alcohol
- Massage

When should I seek help?

- The length of time it takes for your ankle to recover depends on the severity of the original injury. It can take a few months to regain full function.
- If the pain and swelling has not shown improvement within 2 weeks or you are unable to weight-bear then please seek further medical advice.

General Advice

- Keep your ankle moving, as pain allows.
- The sooner you commence early exercise, the better your recovery.
- Once you have recovered, continue to keep your body healthy with exercise.
- Strengthen your ankles to prevent future injuries.
- If your symptoms get worse, or do not improve please seek further medical advice.

Physiotherapy

If your ankle pain is persisting, ask your GP about referral to a physiotherapist. Premier has physiotherapists in your area. Premier physiotherapists can provide a variety of treatments, help you understand your problem, get you back to your normal activities and give advice on how you can strengthen your ankles to prevent future injuries.