

**DOWN LISBURN TRUST**



**PATIENT  
INFORMATION  
LEAFLET**

**ANKLE  
SPRAINS**

MAY 2000



*Lifelong Health & Care*

## ANKLE SPRAINS

1. Keep your feet elevated at all times when not walking.
2. If the toes go blue, or you develop 'pins & needles' in your feet, take the bandage off straight away.
3. Remove the elasticated stocking when you go to bed and reapply it in the same way before getting out of bed in the morning.
4. If you have sticky strapping on your ankle, leave it on until you are seen again by a doctor.
5. Start exercising the ankle straight away, or as you were advised to by the hospital staff.

Use ice packs or bags of frozen peas to help reduce the swelling in your ankle. The ice or bags should be wrapped in a towel and used 4 times a day for about 20 minutes maximum. This treatment should be continued until the pain and swelling have gone.

If you have been told to bear weight on your ankle it is important that you stand on the whole of your foot and not just your toes.

## ANKLE EXERCISES

1. Point your toes and then pull your feet up as far as you can with your knees straight.
2. Keeping your knees straight, turn your feet in (soles of feet towards each other) and then turn them out (turning the feet up and outwards).
3. Circle your feet in both directions.

**Each exercise should be done  
10 times every hour.**