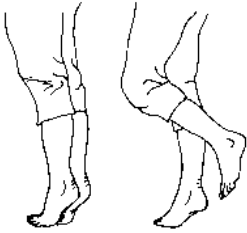
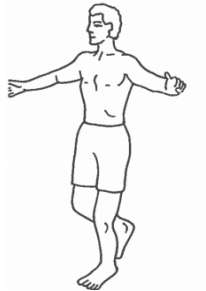


Progress as able to:



Heels raises – Standing tall use a chair or wall to help with balance. Slowly rise up onto your tip toes counting to 5 and slowly lower your heels back down.



Single leg standing – Try to stand on just your injured ankle for as long as you can, use a wall or chair to regain your balance.

When to seek further medical advice:

- You cannot put weight on your leg at all
- You have severe pain even when you're not putting weight on it, such as at night
- You have fever, redness, heat, or its very swollen
- You have pain, swelling, numbness or tingling in the calf
- The pain doesn't start to improve within a few weeks or you have pain that's still severe after a few days of caring for your injury at home

Contact Details

For further information and advice please visit our Website:-
www.poole.nhs.uk/physio and find '[childrens physiotherapy](#)'



@childphysiopgh



childrensphysiopoole



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Information for parents and children about

Acute Ankle Injuries



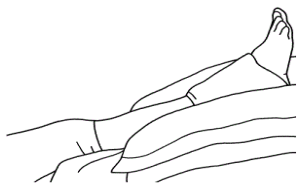
Acute Paediatric Physiotherapy Department
Poole NHS Foundation Trust
0300 019 2741

What is an acute ankle injury mean?

- Ankle injury is a general term that is given to soft tissues when they are sprained or strained.
- The pain can be particularly strong in the first three weeks, this is inflammatory phase. Typically these injuries improve in 4-6 weeks and this can be facilitated by following the recommendations in this leaflet.

Immediately post injury

- For the first 48-72 hours it is important to rest from aggravating activities, and to elevate and apply ice to the ankle to help reduce swelling.
- Apply ice wrapped in a damp towel to the injured area for 15-20 minutes every 2-3 hours during the day. Don't leave the ice on while you're asleep and don't allow the ice to touch your skin directly because it could cause a cold burn.
- Elevate as per pictures below and you can pump your ankle up and down when resting this position.
- You may be given crutches to assist with your walking and it is important to walk with a normal walking pattern.



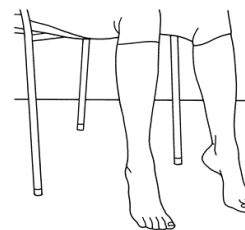
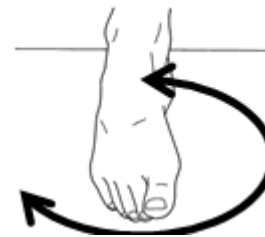
Pain medication:

- Paracetamol is usually recommended for painful injuries
- Ibuprofen can also help reduce swelling and inflammation. However, they shouldn't be used in the first 48 hours after the injury because they may delay healing
- Always follow the dose instructions for the age of the child.
- If these are not helping with the pain it is important to speak with GP/Pharmacist and they may prescribe alternatives.

Moving your injured ankle:

- Below are some simple exercises that can be completed 2-3 times daily as you feel comfortable, without experiencing significant/severe pain.

Ankle circles - Make small circles with your injured ankle both clockwise and anti-clockwise for 3 minutes at a time.



Heel and toe tapping - With your injured ankle, heel and toe tap for 3 minutes at a time.