

# Ankle Fracture

## Information and exercises

### for patients

The following guide is designed to help you understand more about the management of your ankle and the therapy you will receive

Author: Orthopaedic Therapy Team  
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## Operative management

You may require an operation to fix your ankle fracture. The orthopaedic team will discuss this with you.

*“We must by law obtain your written consent to this procedure beforehand. Staff will explain all the risks, benefits and alternatives before asking you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to speak with a senior member of staff.”*

## Conservative management

If your fracture is stable you may be treated without the need for an operation usually in a cast or boot.

## Mobilisation

You will be advised of your weight bearing status by the orthopaedic team and will be provided with the appropriate walking aid and equipment needed to help with transfers. If required you will also be assessed on the stairs or step. We may recommend that you make arrangements to stay downstairs if necessary.

## Elevation

- It is important that you keep your leg elevated as much as possible, preferably with your **ankle above the level of your heart**. We suggest using at least 4 pillows.
- We recommend that initially you only mobilise to the toilet or for essential journeys (i.e. to make a drink) and then gradually increase as able. We recommend that you keep the ankle elevated several times a day and more if the swelling increases.

## Ice

If instructed to do so place an icepack over the ankle for 20 minutes, with your foot elevated. Repeat every hour where possible. Please ensure you do not get the plaster wet. People who are sensitive to cold or have circulatory problems need to be wary when using ice treatment.

## Pain Control

It is important that your pain is well controlled. Make sure you take your painkillers regularly. Seek advice from your GP if your pain is not controlled for review of your medication.

## Complications

There is a small risk that the fracture could move or you could develop a blood clot, blister or compartment syndrome.

Seek advice if:

- The plaster is rubbing or digging into your skin
- You experience numbness or pins and needles in your toes
- There is increased swelling
- Your toes go blue or white
- You experience severe pain in your ankle or calf
- There is discharge through the plaster

## Exercises

We recommend that you perform the following exercises regularly;

### 1. Toe flexion/extension

Bend and straighten your toes in the cast.  
Repeat 10 times.



### 2. Static quads

Brace your knee back tightening your thigh muscles. Hold for 5 seconds then relax.  
Repeat 10 times.



### 3. Straight leg raise

Raise your leg up off the bed keeping your knee straight. Hold for 5 seconds then slowly lower. Repeat 10 times.



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## Useful numbers

### Social Services

Bournemouth	01202 454979
Christchurch	01202 474106
Ferndown	01202 877445
Poole	01202 633902
Purbecks	01929 553456
Dorchester	01305251414

For all other areas, in an emergency or outside of usual working hours:

Contact - 01202 657279

**Care Direct –** 0808 802 0202

A free 24-hour service providing information and help for people age 60 and over, their carers and relatives

**Help and Care –** 01202 434455

Provides free, confidential advice to carers

**NHS Direct –** 0845 46 47

A confidential telephone line giving qualified healthcare advice and information  
24 hours a day

### **Pendant Alarms**

Provides an emergency contact system for people living at home:

Bournemouth	01202 392718
Ferndown	01202 864224
Poole	01202 733255
Purbecks	01929 558455

### **British Red Cross**

Loan equipment (wheelchairs) to enable independent living

Open 10am – 12pm Monday to Friday.

Christchurch	01202 484074
Ferndown	01202 892772
Poole	01202 699453
Dorchester	01305 215951

**Age UK Advice -** 0800 169 6565

# Therapy Services

# Patient Information

## Contact details

**If you require further advice please feel free to contact us:**

Therapy Team: 01202 448179

If direct contact is needed please call 01202 665511 and ask for bleep 0157  
(Monday to Friday 8:30-18:30 and Weekends 8:30-16:00)

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

**The Health Information Centre**  
Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB  
Telephone: 01202 448003

[www.poole.nhs.uk](http://www.poole.nhs.uk)

**We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email [pals@poole.nhs.uk](mailto:pals@poole.nhs.uk) for further advice.**