



Emergency Department
Ankle/ Foot Sprain Patient Information Leaflet



You or your child have been diagnosed as having a 'sprain' of the ankle or foot. Here are some tips on how to manage this condition at home.

Early Treatment (immediately)

Swelling and stiffness are the main problems with these injuries.

To reduce these symptoms, apply the following measures in the first 48 hours.

1. **Rest** the whole leg.
2. Keep the leg up (**elevate**) - the foot should be higher than the hip.
3. A **cold compress/ice pack** can be applied to the swollen area for 10 minutes (3 - 4 times a day).
4. While resting the whole leg gently **exercise** the ankle.

Press the foot down and then up, as far as possible. Repeat 10 times at least twice a day. If you can, circle the ankle clockwise and anti-clockwise 10 times each as well. Make sure you move the ankle and not just your toes.

Later Treatment (after a few days)

Walking is the best form of physiotherapy.

Try to start putting some weight on the foot after three days.

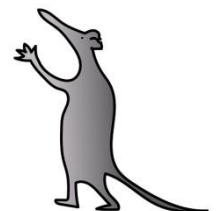
(Use your crutches/stick for support if necessary and you have been given them by your healthcare professional). Use pain as a guide to how much you can use your foot.

If it doesn't hurt you can do it. With more serious injuries, once you can walk unaided, increase your activities in stages. Make sure you are comfortable at each stage before moving on to the next.

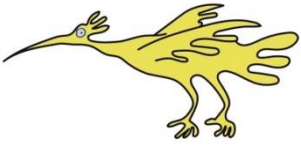
Depending on the severity of injury, each stage may last 1-4 days.

In a straight line on even ground:

- (a) Gentle walking.
- (b) Brisk walking.
- (c) Gentle jogging.
- (d) Running.



If you are concerned the foot or ankle symptoms are getting worse, or have questions about the injury then please contact your healthcare provider.



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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