You have sustained an ankle sprain. You need to rest, elevate the leg and apply a cold pack (ice pack wrapped in a damp towel) on the ankle to help with the swelling. Swelling can take sometimes several months to settle.
Management in emergency department
Your treatment will depend on how severe your injury is. In most cases treatment will follow the advice below. In more severe cases you may require crutches and a walker boot. You can take the walker boot off when you feel comfortable walking bare foot.

Pain relief
Take over the counter painkillers as needed. Elevate and apply a cold pack on the ankle to help with swelling.

Initial exercises (3-4 times a day)
Ankle and foot range of movement exercises. Repeat these 10 times each.
1. Point your foot up and down within a comfortable range of movement as in picture 1.
2. Make circles with your foot in one direction and then change direction as in picture 2.
3. With your heels together, move your toes apart, as shown as in picture 3.
Exercises from week two onwards

**Ankle stretch:** Sit with your leg straight out in front of you. Put a towel/bandage around your foot and pull it towards you. Feel a stretch in the back of your calf. Hold this for up to 30 seconds and repeat 3 times.

**Re-developing your balance:**

**Level 1:** Stand holding onto a chair or firm surface. Practice standing on your previously injured ankle for up to 30 seconds. Once achieved, move to level 2.

**Level 2:** Once standing on one leg attempt to release your grip on the chair/surface and hold for up to 30 seconds. Once achieved, move to level 3.

**Level 3:** Once standing freely on one leg without support you can attempt to close your eyes for up to 30 seconds.
Contact details
If you have any concerns following discharge, contact:

Fracture clinic 020 7188 7188 extension 89011
(9am – 5pm Monday to Friday),
or email gst-tr.virtualfracturecare@nhs.net

Accident and Emergency Department 020 7188 7188
(outside these times).

For more information leaflets on conditions, procedures,
treatments and services offered at our hospitals, please
visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline
If you have any questions or concerns about your
t medicines, please speak to the staff caring for you or
call our helpline.
t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns
For advice, support or to raise a concern, contact our
Patient Advice and Liaison Service (PALS). To make a
complaint, contact the complaints department.
t: 020 7188 8801 (PALS)  e: pals@gstt.nhs.uk
t: 020 7188 3514 (complaints)
e: complaints2@gstt.nhs.uk

Language and accessible support services
If you need an interpreter or information about your care
in a different language or format, please get in touch:
t: 020 7188 8815  e: languagesupport@gstt.nhs.uk

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