

ASYST | HELPING HOSPITALS
BY HELPING PATIENTS

**Had an
accident?**

**Not
your
fault?**

Call ASYST

There is no shame in
making an honest claim

call 0800 612 6397

text * CLAIM to 60060



1-0416 -- This card is printed on AntiMicrobial Paper --

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Registered office: Chart House, 2 Effingham Road, Reigate, Surrey, RH2 7JN

*Texts charged at standard rate

5F 019

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Chelsea and Westminster Hospital



NHS Foundation Trust

INFORMATION BOOKLET FOR:

Ankle Injury

Emergency Department

West Middlesex University Hospital
Twickenham Road
Isleworth
Middlesex, TW7 6AF

Telephone: **020 8560 2121**

Ankle Injury

- Elevate to reduce swelling keeping your foot well up above level of your chest or as high as possible.
- Apply ice to ease pain, swelling and bruising.

Method: Use frozen peas, or crushed ice in a damp towel.

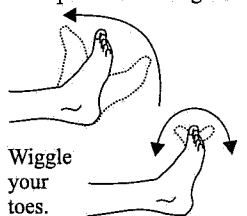
Place around elevated ankle for 10 minutes.

Repeat 4–6 times a day.

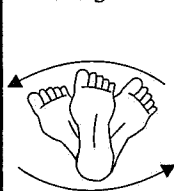
Caution: Ice can cause a burn.

- Exercise every hour for 10 minutes, especially after ice treatment. If you hold your ankle stiff in an awkward position it will become more difficult to move it from that position, ie, it will stiffen up.

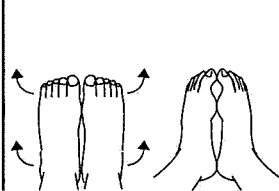
Point foot up towards you and point it down again.



Circle ankle keeping knee straight.



Turn soles of feet towards and away from each other.



Wear an elastic support bandage during the day, from the base of your toes to below your knee, like a long sock. Shorter ones may interfere with the circulation and cause more pain and swelling.

Take it off at night and remove it if it is impairing the circulation.

Take simple painkillers for the first few days, eg, paracetamol, if you feel you need help with the pain.

Walking - Rest for the 24 hours after the injury. Try to walk with even strides, (heel first, then toe.) Put as much weight through foot as pain allows. Use stick/crutches as advised. Wear sensible shoes, avoid standing still for long periods.

If pain increases or swelling gets worse, go back to the Emergency Department or your GP.

If you are seen in the evening or weekend and you are given a physiotherapy card, please ring for an appointment.

Please retain this card for future reference

Drinking

buddy



Don't drink and drive.

www.thinkroadsafety.gov.uk



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NHS



5 A DAY

**Just Eat More
(fruit & veg)**

www.5aday.nhs.uk