

## **PATIENT INFORMATION – ANKLE SPRAIN/STRAIN**

### **Things to help:**

Follow 'PRICE'

- Protection
- Rest
- Ice
- Compression
- Elevation

Avoid 'HARM' - Heat, Alcohol, Running, and Massage, for the first 48-72 hours after the injury.

Take tablets such as \*paracetamol to relieve the pain.

You may have been given an elasticated support bandage for your ankle which should help to relieve the pain and prevent further swelling. It should be taken off at night when you go to bed and replaced in the morning before you get up.

Rest as much as you can with your foot up at a level higher than your hips.

Use a cold compress, such as a bag of frozen peas wrapped in a tea towel, for 5 minutes every hour or two during the first 24 hours.

### **Recovery time**

It may take several weeks for your ankle to get better.

Physiotherapy may help – gentle exercise of your ankle will prevent joint stiffness. Circle your foot gently in both directions and pull your toes up towards you and move them away, several times a day.

## **ANKLE INJURY CONT.**

If you experience numbness or loss of sensation, or are not able to move your toes, take the bandage off and return to the Accident and Emergency department.

If you have any further concerns, contact your GP.

### **Further Advice/Instructions**

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.

### **\*Pain relief advice**

You may have been given some pain relief by the health professionals in the Accident and Emergency Department. If this runs out and you need further pain relief, you can speak to a pharmacist for advice. Some common painkillers are available to buy over the counter, for e.g. paracetamol or ibuprofen. Always follow the instructions on the packet if you are taking these, and seek further advice from the pharmacist should you have any concerns, particularly if it is for a child.

## ANKLE INJURY CONT.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the choose well website at [www.choosewellwales.org.uk](http://www.choosewellwales.org.uk)

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact [ppi.team@wales.nhs.uk](mailto:ppi.team@wales.nhs.uk)

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47  
[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)