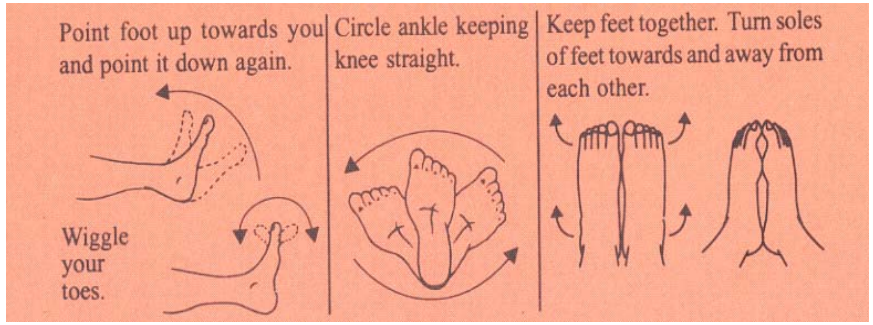
Ankle exercises:



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After-care advice on Ankle injury

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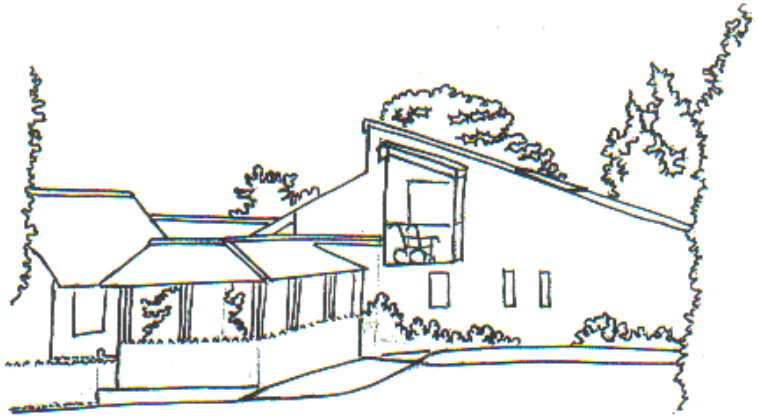

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Ankle Injury

Be aware that sprains of the ankle may take up to 6 weeks to heal fully. The following simple guidelines will help your ankle to recover more speedily:

- Elevate you rankle to reduce swelling. Try to keep your foot above the level of your bottom.
- Use ice to ease pain and swelling. A packet of frozen peas wrapped in a damp towel is the best method. Use ice for about 15 minutes about 4 times a day if possible. **Beware: ice can burn - do not use directly on the skin.**
- Exercise your ankle every hour for about 10 minutes (see diagrams on back of this booklet). This works better after treatment with ice.
- Bandages can cause stiffness because they hold the ankle in a fixed position which slows down the speed of recovery. Other types of ankle support are available from the chemist which may be of help in some cases.
- Take simple painkillers regularly for the first few days to help you to keep your ankle moving.

Ankle Injury

- Rest for the first 24 hours after the injury, doing gentle exercise only. Begin walking as soon as possible after that. Try to walk normally (i.e. heel to toe) wear sensible flat shoes and avoid standing still for lengthy periods of time. If advised to use crutches, try to put your ankle down gently even when using them.
- If the pain gets worse, contact your GP to return to the Accident Department.
- Keep any follow-up or physiotherapy appointments that have been made for you.

Further Advice & Instructions:

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