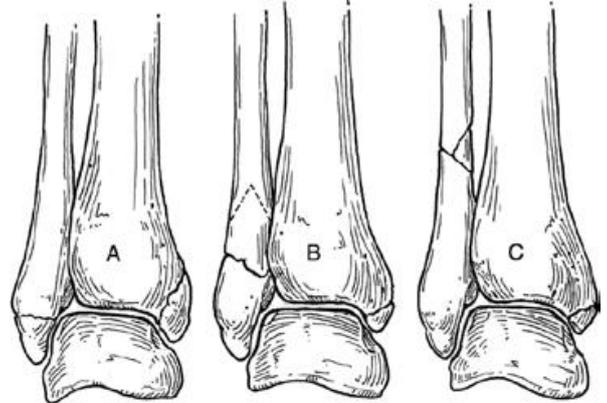


Physiotherapy Advice following Ankle Fracture

What is a broken ankle?

- A fracture is a broken bone.
- The broken bone often occurs in just the fibula (the thinner bone on the outside of your lower leg). The break may be below, at the same level or above your ankle joint. The picture shows Weber classification of broken ankle A, B or C.



How is it treated?

- Most fractures will heal themselves but do need a period of protected immobilisation to allow this healing to occur, this is usually in a Plaster of Paris or Boot 4- 6 weeks.
- Occasionally your ankle may need to be manipulated prior to being immobilised to ensure it heals in the correct position.
- Occasionally your ankle may require surgery to stabilise the fracture with pins and plates.
- While the plaster is on, it is important to keep your toes and knees moving to prevent them becoming stiff.
- Your consultant will decide when you can weight bear fully.

What should I expect after removal of my plaster?

- Your ankle may feel quite uncomfortable when the plaster is initially removed and very stiff to move but this is normal.
- Your skin may be dry and flaky. You may find that soaking your foot and ankle in warm water helps to reduce the pain and makes moving your ankle easier. Exercising in water may therefore be a comfortable way of doing your exercises.
- Massaging your foot and ankle with plain moisturiser or body lotion may also help with the flaky skin and make your foot more comfortable to complete your exercises. If you have had surgery avoid near any wounds until they are completely healed.
- It is normal to get some pain and discomfort after your fracture. If you have been given painkillers you should take them as prescribed. By managing your pain it will allow you to complete your exercises and walk more comfortably.
- Swelling is expected after a broken ankle this may last for several weeks or months, to manage your swelling elevate your lower leg and apply ice.

Physiotherapy exercises- it is important to carry out these exercises 3 times daily to regain your range of movement and strength

	<p>ANKLE PUMPS -</p> <p>Bend your foot up and down at your ankle joint as shown.</p> <p>X 10 Reps</p>
	<p>ANKLE CIRCLES</p> <p>Move your ankle in a circular pattern one direction and then reverse the direction.</p> <p>X 10 Reps</p>
	<p>ANKLE INVERSION & EVERSION</p> <p>Laying or sitting, bend your ankle to move your foot inward and outward.</p> <p>X 10 Reps</p>
	<p>CALF STRETCH WITH TOWEL</p> <p>While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area. Keep your knee in a straightened position during the stretch. Hold 20 seconds</p> <p>X 3 Reps</p>
	<p>STANDING CALF STRETCHES</p> <p>(1) Gastrocnemius Stretch: Keep back leg straight and heel on floor, lean into wall until a stretch is felt in calf. Hold for 20- 30 seconds.</p> <p>(2) Soleus Stretch: Keep back leg slightly bent at the knee and keep heel flat on floor. Lean into wall until stretch is felt in lower calf. Hold for 20- 30 seconds.</p>

	<p>Dynamic Ankle Dorsiflexion</p> <p>To self-range the ankle and improve the dorsiflexion, gradually start flexing the knee to touch the wall with the heel remaining on the floor. Move the foot back slightly until it becomes a challenging stretch.</p> <p>X 10-20 Reps</p>
	<p>STANDING HEEL RAISES- as pain allows</p> <p>While standing, raise up on your toes as you lift your heels off the ground. As you improve progress to single leg heel raises.</p> <p>X 10-30 Reps</p>
	<p>RHOMBERG STANCE - SINGLE LEG - SLS</p> <p>Cross your arms over your chest and then stand on one leg. Perform this next to a table or other sturdy object. Hold your balance in this position.</p> <p>If you lose your balance, you can use one or more strategies to help:</p> <ul style="list-style-type: none"> Touch your toes down Take a step Unfold your arms and raise them to the sides Grab on to something for support <p>To make this exercise harder close your eyes or move your arms i.e. touch your nose/ head.</p>
	<p>TOE WALK</p> <p>Raise up your heels and walk on your toes. Take few steps forward and then a few steps backwards.</p> <p>This will help with strength and balance. Use support if needed initially.</p>