

The aim of the Poplar Grove Practice is to provide a high standard of holistic primary care to our entitled patients by working together as a cohesive multi-disciplinary team.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times, irrespective of your ethnic origin, religious belief, sex or sexuality, personal attributes or the nature of your health problems. We expect to be treated in the same way.



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Lines open daily between:

0800 - 1230 and 1400 - 1830



Patient Information Leaflet

Sprained Ankles Self-Care

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Sprained Ankle

Self-Care

What is a sprained ankle?

A sprain or strain is a common injury affecting the muscles or ligaments around the ankle or foot. Most can be treated at home without the need for help from your GP.

What are the symptoms of a sprained ankle?

- Pain, tenderness or weakness around your ankle or foot
- Swelling or bruising of the area
- Unable to weight bare
- Cramping or muscle spasms (muscles painfully tightening on their own)

How long will it take for a strain to heal?

Most sprains will begin to feel better after 2 weeks however severe sprains can take months to heal. Avoid heavy exercise like running for at least 8 weeks.

Advice for sprained ankles

Exercises and advice suitable for ankle injuries of all types, both sprains and post fracture.

If your pain should increase with any of these exercises, stop until you see the Physiotherapist.

To reduce pain, swelling and stiffness:

ICE: Place a wet towel in the freezer for 5-10 minutes to make an ice pack and then wrap it around your ankle for 10-15 minutes to reduce pain and swelling. Keep the leg elevated while doing this. Alternatively, use a bag of frozen peas wrapped in a wet towel. If you have sensitive skin, cover it with baby oil or vegetable oil before applying the ice pack.

ELEVATION: To reduce swelling, rest as much as you can with the foot elevated, so it is higher than your hip.

EXERCISES

The first set of exercises can be done by everyone every 2 hours, up to 10 repetitions of each.

1. Move foot up (dorsiflexion) and down (plantiflexion) at the ankle (keeping knees straight).
2. Turn soles of the feet inwards towards each other (inversion) and then outwards away from each other (eversion). Keep your legs straight and don't twist them.
3. Sitting with feet on the floor, rock alternately from heels to toes.

Progress to the following exercises if pain allows or if instructed by your Physiotherapist...

4. Calf stretch: Stand facing a wall and lean against it, bend good leg so knee touches wall, take a step backwards with bad leg until you feel a stretch in the calf of the bad leg, hold for 15 seconds (keep foot flat on floor). Next bend the knee of the bad leg as far as it will go without your heel lifting and hold for a further 15 seconds.
5. Stand holding on to a sturdy surface and rise up and down on tip toes, progress to doing it on one leg; 10 repetitions.
6. To re-educate balance stand on the injured foot and balance for 10 seconds. Hold a support if necessary. As you improve try without holding on and then with your eyes closed.