

## **Ankle Injury Advice**

**Cork Emergency Department** ([www.EMed.ie](http://www.EMed.ie))

### **Physiotherapy Department Cork University Hospital**

You have recently injured your ankle. If your movement is very restricted you may be given crutches. In the first 48–72 hours, your ankle will probably be too sore to put any weight on it. During this time, to help the pain and keep the swelling down, you should:

- Rest your ankle.
- Keep your foot elevated – at least at waist level. At night you can put one or two pillows under your foot in bed.
- Apply ice treatment for not more than 15 minutes at a time, about every 2-3 hours for the first few days, then 3-4 times a day until the pain and swelling have gone. You can use ice, or a packet of frozen peas, wrapped in a damp towel, **never apply ice directly to the skin.**
- You may be given an elastic bandage. Take this off when you go to bed and put it on again when you get up in the morning.
- You should take painkillers such as paracetamol to help the pain.

As movement improves you will gradually be able to take more weight.

- Walk on the whole of your foot, not just the toes or heel.
- Within a week you should feel a significant improvement.

**After 24 hours** you should start the following exercises:

In sitting or lying position

- Point your toes and then pull your feet up as far as you can with your knees straight.
- Turn your feet in (soles of feet towards each) and then turn them out (turning the feet up and outwards).
- Circle your feet in both directions.

Each exercise should be done approximately 10 times, 4 times a day.

**Progress to standing:** First with both legs, then with one leg., holding onto the wall for support to start with. After a week to ten days, you should be able to hop. Test turning with a slow figure of eight walk (then jog).

Your ankle should be back to normal within 3-6 weeks. You should return to sporting competition only after you feel 100% confident in your playing ability. If in doubt, please contact your physiotherapy or Emergency Department (numbers below).

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If you are concerned, please contact the  
Emergency Department you first attended:

Mercy University  
Hospital  
(021) 4271971

M-UCC at SMHC  
(St. Mary's  
Health Campus)  
(021) 4926900

CUH  
(021) 4920200

Local Injury Unit  
Mallow General  
Hospital  
(022) 258506

Bantry General  
Hospital  
(027) 52900

