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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
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Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Ankle Injury

## Paediatric A&E Department



# Ankle Injury

Your child has been treated for an injury to the ankle. When you are at home the following will help:

1. Elevate the foot to above the level of the heart when resting by using pillows or cushions; this will help to reduce the swelling.
2. Use an ice pack to ease pain, swelling and bruising. You can use frozen peas or crushed ice, but whichever you choose ensure it is wrapped in a damp towel first.

**Never apply an ice pack directly to the skin.**

An ice pack should be placed around the elevated ankle for no more than 10 minutes and this can be repeated 4 - 6 times a day.

The ankle should be completely rested for the first 24 hours after the injury. When your child starts to walk on the injured ankle ensure that they take even steps placing the heel down first and then the toe. Only put as much weight onto the foot as pain allows and only use crutches or a stick if they have been advised to do so.

## Exercises

Exercises should be done for ten minutes once an hour, especially after ice treatment to avoid the ankle stiffening up. Repeat the following ten times each.

1. Point the foot upwards and then point it down again, wiggle the toes.

2. Gently rotate the ankle in a circle keeping the knee straight.
3. Place feet side by side with ankles together. Then turn the soles of both feet first towards each other and then away from each other.

Give your child a medicine such as Ibuprofen or Paracetamol to relieve any pain. Please follow the dosage and frequency instructions on the bottle / packet carefully.

Please return to A&E if the injury has not settled after 4 weeks.

## Further Information

Paediatric Accident and Emergency Department  
St. Peter's Hospital, Guildford Road, Chertsey, Surrey KT16 0PZ

Telephone: **01932 872000**

For reassurance and advice please contact NHS Direct on: **111**

The following websites also gives useful advice:

[www.patient.co.uk](http://www.patient.co.uk) and [www.kidshealth.org](http://www.kidshealth.org)

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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