

*ankleIntroduction

We hope this guide will answer your questions about your ankle injury. Please contact the team if you require further information via the details at the end of this leaflet.

What is an ankle sprain?

You have sprained the ligaments in your ankle. This commonly causes pain and swelling, and in more severe cases visible bruising. You may also experience weakness.

How long will this take to heal?

Minor sprains recover within a few weeks. More severe sprains may take longer to settle, can take up to three months to feel normal again and for the swelling to disappear completely.

What are the treatment options?

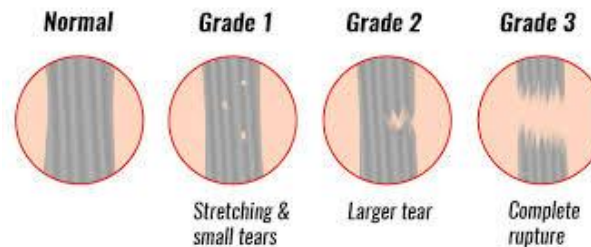
Usually settles without any intervention.

Will I need follow up?

Routine follow up is not necessary due to the nature of the injury.

Are there any complications?

Pain, swelling and bruising may be present and take several weeks to completely settle



Occasionally, the ankle sprain may continue to be painful even after several months. A small proportion of patients may develop instability. In case there are ongoing problems advice from an ankle specialist is recommended and you can ask your GP to refer you at that stage.

How will this be managed?

Rest, ice compression (using bandage if available) and elevation in the early days after the injury reduces the inflammation of the ankle. As soon as the acute pain settles normal walking is allowed. It is advisable to

wear flat shoes and to avoid walking on uneven ground.

More strenuous and sporting activities can be introduced gradually when the pain and swelling have settled down and normal walking is comfortable.

More severe sprains may take longer to settle, and sometimes physiotherapy helps in recovering joint movements, muscle strength and stability.

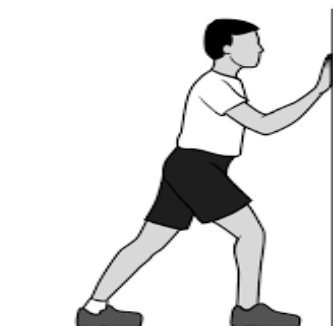


Exercises

Start range of motion exercises in the first 72 hours after injury as pain allows. Continue to further rehab with the other exercises such as stretching and balance exercises over the next several weeks to months.



Ankle range of motion (ROM) exercises.



Stretching exercises such as calf stretch.



Balance exercises such as standing on one leg.

Smoking cessation

Stopping smoking will ensure optimal recovery from this injury therefore it is important to consider this advice. For more information and help, contact your GP or refer to NHS website <http://smokefree.nhs.uk>.

Contacting the team

If your pain in your ankle becomes worse, lasts more than four weeks or you are concerned about your ankle, please contact the virtual fracture clinic team on **01279 973362** Monday to Friday, 9am to 4pm.

Out of hours please contact the orthopaedic Resident Doctor on-call via switchboard on 01279 444455.

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or 01279 827211.

Please contact the communications team on paht.communications@nhs.net or 01279 827926 if you would like this leaflet in another language or format.



**The Princess Alexandra
Hospital**
NHS Trust

Patient information

Ankle sprain

Orthopaedic department

V2 | SCC | Orthopaedic Department | Date
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