

Minor Injuries Units

North Dorset:

Blandford Community Hospital

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

Westminster Memorial Hospital

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

Yeatman Community Hospital

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

South West Dorset:

Bridport Community Hospital

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

Lyme Regis Medical Centre

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

Portland Community Hospital

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

Weymouth Community Hospital

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

South and East Dorset:

St. Leonard's Community Hospital

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

Swanage Hospital

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

Victoria Hospital

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

Emergency Departments

Dorset County Hospital

Williams Avenue, Dorchester

Telephone: **01305 251150**

Poole General Hospital

Longfleet Road, Poole

Telephone: **01202 665511**

Royal Bournemouth Hospital

Castle Lane East, Bournemouth

Telephone: **01202 704167**

Salisbury Hospital

Odstock Road, Salisbury

Telephone: **01722 336262**

Yeovil District Hospital

Higher Kingston, Yeovil

Telephone: **01935 475122**

Further advice

If you have any general questions or need advice quickly, contact NHS **111** or log on to www.nhs.uk/111. If you are concerned, please contact your nearest Minor Injuries Unit for advice; Or call your GP within surgery hours or their out of hours contact number outside of normal surgery hours. In an emergency, **call 999**.

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Dorset HealthCare
University

NHS Foundation Trust

Minor Injuries Unit

Advice on ankle sprain



Please read this leaflet carefully

If there is anything you do not understand or if you require further information, please contact your nearest minor injuries unit (MIU), listed on the back pages of this leaflet.

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Information
for patients,
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Ankle sprain

A sprained or twisted ankle, as it is sometimes known, is a common cause of ankle pain. A sprain is stretching and or tearing of ligaments. In addition to the ligament damage there may also be damage to tendons, bone and other joint tissue. A sprained ankle is a painful injury and must be treated correctly to ensure proper healing. This can at times, take as long to fully heal as a broken bone.

Your symptoms should start to improve within 2-3 days and most sprains are better within a week. If the injury is painful you may wish to take painkilling tablets such as Paracetamol (following the recommended instructions).

Day 1

Relative rest

1. Rest by avoiding all painful activities where possible; walk with care using crutches if provided.
2. Apply ice or frozen peas to the affected area for 10 minutes every 3hrs during the day (ice can burn so wrap in a tea towel).
3. When not walking you should elevate your injured ankle ensuring it is higher than the level of your groin.

Day 2-3

Movement

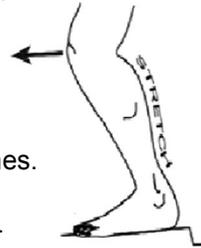
1. Walk short distances and exercise the ankle as comfort allows.
2. Exercise every 3hrs:
 - Move foot up and down as far as is comfortable 4 times
 - Gently move foot inwards and outwards as comfort allows 4 times
 - Circle your foot in both directions
3. Continue with elevation as long as swelling continues.



Day 4-8

Movement

1. Pull your foot and toes up towards you from the ankle. Hold the position for five seconds, feeling a stretch in your calf muscle. Repeat 10 times.
2. Twist your foot outwards in the direction of the little toe. Hold the position for five seconds, feeling a stretch in your calf muscles tighten at the outer side of the calf. Repeat 10 times.
3. Stand next to a firm support, balance on the injured foot for 10 seconds repeat this 4 times.



Please note:

Bruising of the whole foot, swelling and pain are all quite normal. This can take some time to go away, and will be greatly improved by following the instructions above. Your symptoms should start to improve in two to three days and most sprains are better in a week. If your symptoms do not continue to improve, or if your symptoms trouble you beyond one week, you should see your GP or contact your nearest minor injuries unit as listed.

Day 9-22

Return to full activity as comfort allows.

1. While standing, take most of your weight through the uninjured leg, gently roll injured ankle outwards until a firm stretch is felt at the injury site. Hold for 3 seconds and repeat this 4 times.
2. Stand next to a firm support, balance on the injured foot for up to 30 seconds rising gently up into the toes of the injured foot every 10 seconds maintaining balance throughout repeat this 4 times.
3. Gradually return to sport as before onset of the injury.

If you experience numbness to the toes, localised circulatory discoloration to the foot or toes and increased levels of pain at rest you should contact a health professional for further advice.

Management of ankle sprains

Consider managing your injury using the **PRICE** measures:

- **Protection** – protect from further injury (for example by using a support or high-top, lace-up shoes).
- **Rest** – avoid activity for the first 48-72 hours following injury.
- **Ice** – apply ice wrapped in a damp towel for 15-20 minutes every 2-3 hours during the day for the first 48-72 hours following the injury. This should not be left on whilst the person is asleep.
- **Compression** – with a simple elastic bandage or elasticated tubular bandage, which should be snug but not tight, to help control swelling and support the injury. This should be removed before going to sleep.
- **Elevation** – keep the injured area elevated and supported on a pillow until the swelling is controlled. If the leg is injured, prolonged periods of elevation should be encouraged.

Avoid **HARM** in the first 72 hours after the injury:

- **Heat** – for example, hot baths, saunas, and heat packs.
- **Alcohol** – increases bleeding and swelling and decreases healing.
- **Running** – or any other form of exercise which may cause further damage.
- **Massage** – may increase bleeding and swelling.