



### WHAT IS AN ANKLE SOFT TISSUE INJURY?

Soft tissue injury usually refers to a ligament sprain but sometimes could mean injury to a surrounding muscle or tendon of your ankle.

### HOW LONG WILL IT TAKE TO RECOVER?

The pain, tenderness and swelling should gradually decrease over a period of several weeks.

### ORTHOPAEDIC BOOT INSTRUCTIONS

Your Doctor may advise you to wear an orthopaedic boot for a short period of time in order to protect your injured ankle and to help with healing. The boot is adjustable so that it can be fit specifically for you.

### HOW TO FIT YOUR BOOT

1. Wear a long sock to prevent against friction that may cause skin breakdown.
2. Place your foot in the boot, making sure that your heel is at the back of the boot.
3. Overlap the side toe flaps first and then close the top flap over top. Do not pull the top flap so tight that it crowds your toes.
4. Place the plastic tongue on top.
5. Secure the plastic tongue by fastening the Velcro straps. The fit should be snug enough to provide support but not too snug that it compromises your circulation.
6. Use the pump to inflate or deflate the boot to ensure a supportive and comfortable fit.



Step 1-2



Step 3



Step 4



Step 5

### OPTIMAL RECOVERY PLAN

TIME SINCE INJURY

0-72 HOURS

- Rest and elevate your foot throughout the day.
- Apply ice to the injured area for 10-15 minutes, every 3-4 hours. Allow skin temperature to return to normal before reapplication of ice. Protect your skin by wrapping an ice pack or frozen peas in a damp towel to ensure the ice is never in direct contact with your skin.
- Follow pain relief advice given by the Doctor you saw in the hospital, or consult your Pharmacist or Family Physician.

0-2 WEEKS

- You are allowed to walk on your foot as long as it is not too painful.
- If you were given a boot, wear it while you are walking. You do not need to wear it when resting or sleeping. Please see instructions to the left.
- Slowly wean yourself from using crutches, as able.
- Start the 'ankle range of motion exercises' listed on the next page.

2-6 WEEKS

- If you were given a boot, reduce the amount of time you wear it.
- Gradually start to resume your normal activities.
- Continue with the 'ankle range of motion exercises' and start the 'weight bearing exercises' listed on the next page.

6-12 WEEKS

- You should be returning to your normal level of activities. You might still feel some discomfort with higher level activities such as running.
- If you experience a significant increase in pain and/or swelling then reduce your activity levels and gradually increase the level of activity over a longer period of time.

# HOME EXERCISE PROGRAM

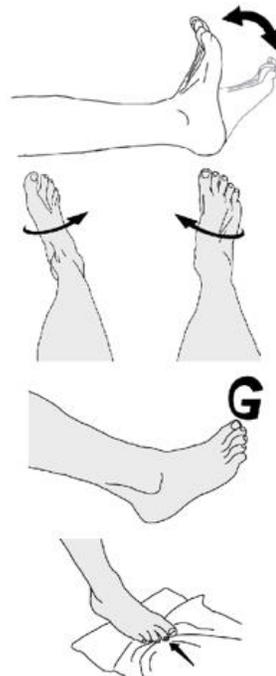
Early movement of your ankle and foot is important to promote circulation and reduce the risk of developing a blood clot. A list of exercises is provided below. You should do these daily to help with healing and so that your ankle and foot do not become stiff.

**Note:** The number of times you need to perform each exercise is included as a guide only. If you experience a significant amount of pain doing a certain exercise, you should reduce the number of times you do that exercise and gradually increase the amount during your recovery.

## ANKLE RANGE OF MOTION EXERCISES

Repeat each exercise 10 times, 3 times a day.

1. Point your foot up and down within a comfortable range of motion.
2. Turn your foot inwards so that your toes are pointing towards the other foot, then outwards so that your toes are pointing away from your other foot.
3. In the air, draw out the uppercase alphabet with your foot, ensuring that you are moving your ankle around in all directions.
4. Sit in a chair. Place a face towel on the ground. Scrunch the towel up with your toes. This will take some practice.



## WEIGHT BEARING EXERCISES

Repeat these exercises 3 times a day.

1. Hold onto a chair or table for support while standing on your injured leg for up to 30 seconds. When able, stand on the injured leg without holding onto the support.
2. Rise up and down on your toes. Repeat this 8 to 12 times, or as much as pain allows.



For further advice and recommendations on exercises, please consult a Physiotherapist in your community. If you need a referral for Physiotherapy, please ask your Family Physician.

## Return to Sport

You should be able to squat, jump and run without pain before you return to sport. It is recommended that you see a Physiotherapist in your community prior to returning to any sport.

## Return to Driving

You should be able to perform a full emergency stop confidently and without pain before you consider returning to driving.