



Ankle Sprain

Information for parents and carers

Your child has been seen in the department and discharged home. We want to help your child recover as quickly as possible therefore we have put together some advice which may help. A sprain is an injury to the ligaments that hold the bones together at a joint. It is not seen on an x-ray so often it is not necessary to have one done. Average recovery time is six weeks. Your child may have swelling and pain during this time. Bruising may also develop and might appear a few days after the initial injury. It is important to return the joint to normal function through exercise as soon as is safe and possible.

What should I do now?

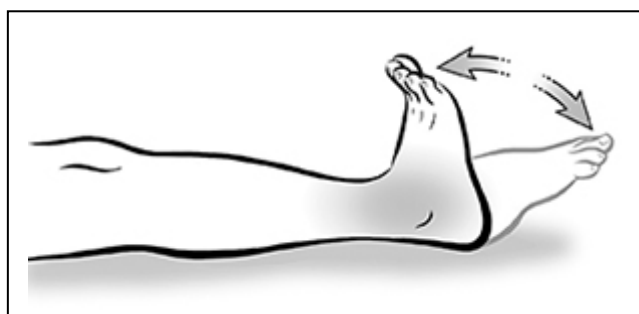
- **Rest-** Rest will help to prevent further injury however, it is important to start exercising and walking to prevent stiffness of the joint. Allow your child to start walking as pain allows, as soon after the injury as is possible, for short periods. We do not expect your child to function as normal at this point. Ensure your child wears flat, supportive shoes such as trainers.
- **Ice-** Apply ice or a cold pack of frozen peas, wrapped in a towel to any painful areas for up to ten minutes when possible or after ankle exercises. Remember ice can cause a burn if applied direct to skin or for too long a time. We recommend this more so in the first 24- 48 hours after injury
- **Pain relief –** It is important that you give your child medicine to help manage their pain. This will help them to move around and gently exercise their ankle. Paracetamol and ibuprofen are effective pain killers if taken regular. It is important that you follow the dosing on the bottle/packaging correctly. These medicines can be bought over the counter and therefore you will not require a prescription.
- **Elevation -**Elevate the injured limb whenever possible in order to minimise swelling. Please make sure that the foot is higher than the hip.

What exercises should my child do?

Exercise for 10 minutes every hour when possible. Exercise will stop the ankle becoming stiff.

Dorsiflexion and Plantarflexion

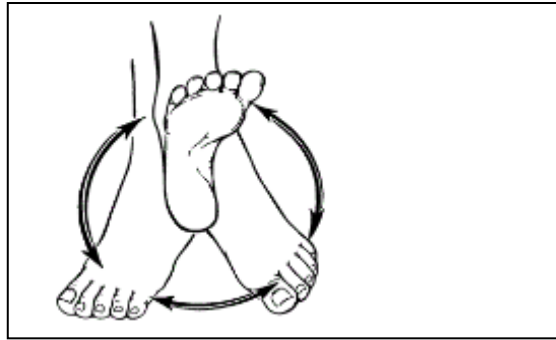
Pull the foot up towards you as far as you can and hold for 5 secs, then point your foot down and hold for 5 secs. Repeat 5 times.



Information for Patients

Ankle rotation

Draw a circle with toes so that the ankle rotates in a circular motion.



Your child should avoid sports until they can run without pain however, swimming can be helpful.

If your child is having persistent problems with pain or swelling, or their ankle is not improving after 3 weeks, please see the GP.

If your child had an x-ray at the hospital, these are all reviewed and reported by the radiology (x-ray team). If there are any concerns we will be in touch with you.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.