

Patient Information
Emergency Department

Discharge advice following attendance with an ankle sprain



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

Orthopaedics Department
Medway NHS Foundation Trust
Windmill Road
Gillingham
Kent ME7 5NY
01634 830000

PIL01796

Date: July 2022

Review Date: July 2024



www.medway.nhs.uk

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.

In the early days after the injury RICE (rest, ice, elevation, compression) reduces the inflammation of the ankle.

You may be provided with a boot/shoe and use this as comfortable. You may wean off the orthotic as pain allows. As soon as the acute pain and swelling 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.

Minor sprains recover within a few weeks and don't need specific treatment. More severe sprains may take longer to settle, and sometimes physiotherapy helps in recovering joint movements, muscle strength and stability.

It may take several months for the ankle to feel normal again and for the swelling to disappear completely.



Occasionally, the ankle sprain continues to be painful even after several months. In case there are on-going problems advice from an ankle specialist is advisable.

If there is no significant improvement in the pain or walking ability after 4 weeks, or if you are concerned about your ankle or foot contact the fracture clinic on:

07760553994

Monday to Friday 11.00am to 5.00pm