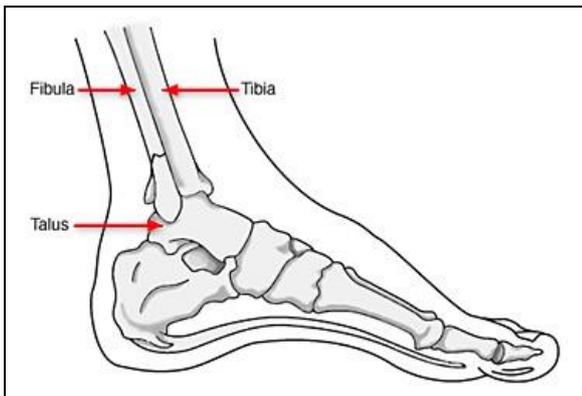


## Ankle fracture/dislocation

### What is an ankle fracture/dislocation?



Ankle fractures (or break) refer to fractures of the lower end of the tibia, fibula and talus. A dislocation is where the talus moves backward (most common) or forwards in relation to the tibia. A fracture can occur at the same time (fracture/dislocation).

### What is the initial treatment for an ankle fracture/dislocation?

To allow your ankle to heal it will be placed in a **cast or boot**. It may be necessary to have an operation to reposition and /or fix the bones in position with metalwork. You will be issued with elbow crutches and your consultant will tell you how much weight you are allowed to take on your leg. When the plaster is removed you may experience swelling, pain, stiffness and reduced strength.

### What is the treatment after the cast/boot is removed?

You will experience swelling for many months so it is important when **resting** at home the leg is elevated and limit your activities initially. You can move your foot up and down to work the calf to aid circulation.

It is normal to have pain. **Ice** can be used to decrease pain (bag of frozen peas wrapped in a damp towel for 10 minutes). If your pain is severe or continuous you need to contact your GP for pain relief. Also if you experience calf pain or your foot looks red/sunburned in appearance you need to contact your GP.

It is normal for your ankle to be very stiff and have limited movement initially. You will also feel tightness in the calf muscles. Your whole leg may feel weak and you may feel unsteady when you start to walk. It is important to do regular **exercises** (attached) and increase activity depending on pain and swelling.

### What is the prognosis?

If you have a severe injury you may not recover full ankle movement. Aches, pains and swelling can last for months and recovery can take 6-12 months.