

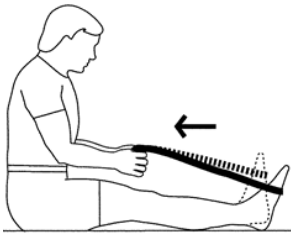
ANKLE OUT OF PLASTER ADVICE SHEET

FOR THE FIRST TWO DAYS:

- Soak foot / leg in warm water to remove dead skin
- Apply moisturising cream twice daily
- Wear a compression bandage for at least the first week or so (or until swelling settles)
- Unless you have been instructed to do otherwise, put as much weight through your sore leg as you can comfortably
 - It may be necessary to use crutches or a frame initially until you get used to it
 - Remember that your ankle is not fully healed and is not used to being walk on, so take it easy at first and gradually increase the amount of weight and then walking as you are able based on how you feel
- Stretches – 3 lots of each (with only minimal pain), 3 times a day:

Foot up and down *10

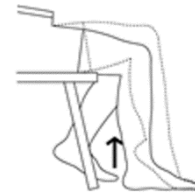
Heel up and down*10



Pull ankle back and hold *20 seconds

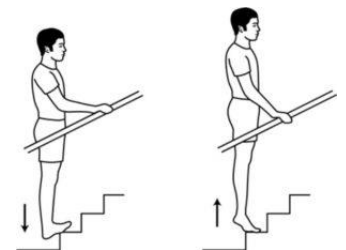
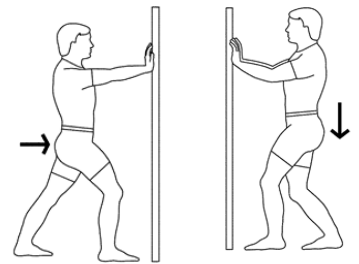


Foot in and out *10



ONCE MORE COMFORTABLE AND ABLE TO WALK WITHOUT SIGNIFICANT DISCOMFORT

- Stretches
 - 3 lots of 20 second hold for each, twice a day:
- Strength (continue until left and right leg strength is the same)
 - Up and down on toes for 3 lots of as many as possible
 - Progress as pain allows:
 - Two feet on flat ground
 - Two feet off the edge of a step
 - One foot off the edge of a step (if you can do as many on your sore foot as you can on your good foot, then it is back to normal strength)



Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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ANKLE OUT OF PLASTER ADVICE SHEET

- Balance
 - Once you are able to walk without significant limitation, begin balance exercises. Progress down the list as able with minimal pain / sway (complete 3 lots of 1 minute):
 1. Stand on 1 foot on flat ground
 2. Progress to eyes closed
 3. Progress to eyes open, standing on a pillow
 4. Progress to eyes closed, standing on a pillow
 5. Progress to eyes open, standing on a pillow, throwing a ball against a wall



SLOW TO PROGRESS

- Even after 6 weeks, your ankle has not yet fully healed
- GRADUALLY increase the amount of activity that you are doing and above all, listen to your body. A general rule of thumb is that if, after doing something new (eg walking or standing for more than usual), you have more than a little bit of swelling / aching for maybe 30 minutes after doing that particular task, then your body is telling you that it is not ready for that amount of activity YET. Next time, do a bit less and gradually increase activity as able.
- If you are finding it difficult to walk, you might want to go to the pool and exercise in the water. With the water up to shoulder height, you reduce the amount of weight going through a sore leg significantly, so you might be able to do a bit more in the pool and get used to walking without as much stress through the foot.
 - Progress from the deeper to the shallower water as you are able

RETURN TO SPORT

- As a rough guide, whatever time you spent in a plaster or splint is whatever time it will take after you come out of the splint before it has healed enough. For most people, this means that if you were in a plaster for 6 weeks, it will take at least another 6 weeks of healing and rehabilitation before you are ready for sport.
- This should only be seen as a guide, but prior to playing, you need to have achieved the following:
 - Full range of movement
 - Good strength – be able to hop, jump and run without pain
 - Progress through some individual skills drills – initially at moderate pace, but progressing speed as able
 - Get through at least one full training session without significant pain or swelling

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