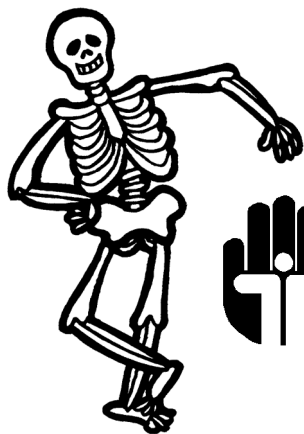


# Care of your Ankle following a Fracture

Patient information - Ortho. Outpatients & Physio Departments



Any questions or problems should be directed towards your physiotherapist, doctor or orthopaedic nurse. Not all fractures are the same, so listen to the advice the medical staff give you.

## Removal of Plaster

After your plaster is removed you may find that your ankle swells, the skin on your leg is dry and scaly and you may have loss of movement of the foot and ankle with some discomfort.

## Dry Skin

Soak your foot in warm soapy water and if the skin is excessively dry, use some hand cream after soaking and drying

your foot well.

You will be given a piece of tubigrip to wear. This is double thickness and goes from your knee to the toes. Wear it like a sock – no wrinkles. This helps with the initial swelling when the cast is removed. **Do not wear it in bed – only during the day.**

## Movement & Strength

Depending on the severity of your ankle fracture, you will have limitation of movement and strength, especially in the morning.

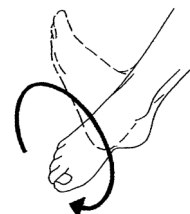
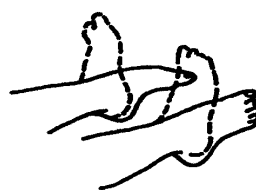
## Walking

Increase the amount of weight gradually through your affected leg.

## Ankle / Foot Exercises

Active range of motion exercises:

- Pull toes back (dorsiflexion)
- Push toes down (plantar flexion)
- Circle your feet one way then the other.



## Calf Stretches

### a) Straight Leg

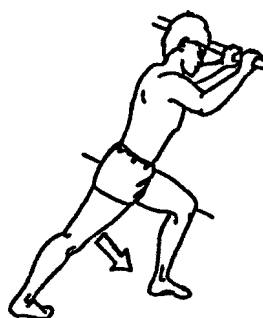
Keep affected knee straight, toes facing forward.

Hold stretch for 20 seconds.

### b) Bent Leg

Bend the affected leg.

Hold for 20 seconds



**Do all of these exercises**

**4 – 5 times a day.**

**Aim to do 10 repetitions of each exercise.**

**Orthopaedic Outpatients Department, Christchurch Hospital, Telephone: (03) 364 0800**

**Physiotherapy Department, Christchurch Hospital, Telephone: (03) 364 0680**

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)