

Adult Ankle “Weber A” Lateral Malleolus Fracture

Orthopaedic Physiotherapy Unit Raigmore Hospital

About your Injury

You have broken the tip of one of your bones in your leg that forms part of your ankle. The fracture has occurred in a part of the bone that normally heals well without any problems.



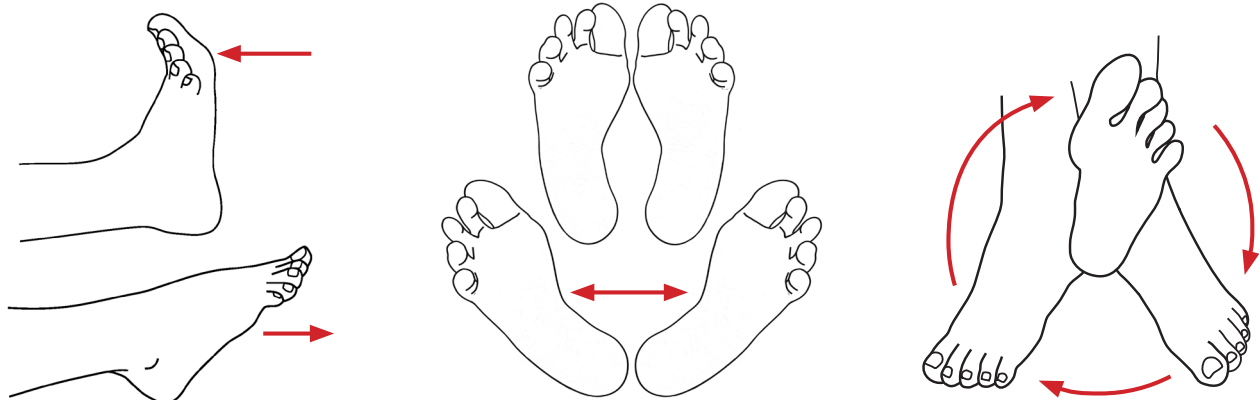
What can I expect?

- The ankle pain/tenderness and swelling should settle gradually over a period of several weeks, although swelling can continue for several months for some patients. It is important to elevate your limb when possible to help reduce swelling.
- You may have been provided with a support for your ankle in the form of a removable boot (and crutches if required). The boot is to be worn when walking/weight bearing.
You can remove the boot for showering, if careful, and for sleeping at night. Take the boot off regularly when resting to gently move your ankle.
- Most of these injuries heal without problems though it may take several months for your symptoms to settle completely.

Initial Exercises: Stage 1:

Start straight away, 4-5 times daily

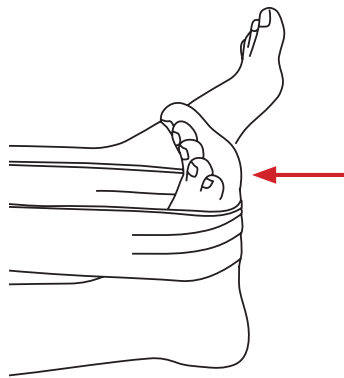
- 1 Point your foot up and down within a comfortable range of movement.
- 2 With your heels together, move your toes apart as shown.
- 3 Make circles with your foot in one direction and then change direction.



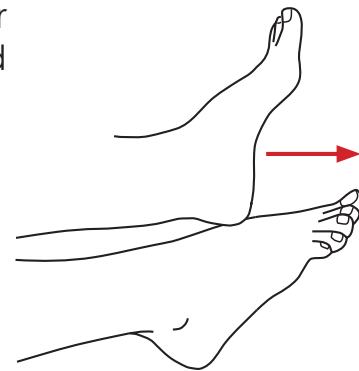
Stage 2 Exercises:

Start these exercises at 4 weeks post injury

- 1 Sit with your leg straight out in front of you, put a towel / bandage around your foot and pull it towards you. Feel a stretch in the back of your calf.
- 2 Point your toes down as far as they go, then use the other foot on top to apply some pressure to create a stretch on top of your foot.



Hold both stretches for upto 30 seconds and repeat 3 times.



- You should mobilise/weight bear through the boot as your pain allows. Use the boot for between 4-6 weeks. As the pain reduces, wean off/discard the boot. Try walking indoors without the boot first.
- You can consider returning to driving when you no longer require the boot for support. You should be comfortable and confident that you can perform an emergency stop.
- Occasionally the fracture may fail to heal and continue to be painful. If you are still experiencing significant symptoms after several months, please get in touch with the Fracture Clinic via the number listed.

Contact details:

Raigmore Hospital
Old Perth Road,
Inverness, IV12 3UJ.
Tel: 01463 704000 ext:4294

Tel:

Fracture Clinic Helpline

Monday to Friday

12 - 3 pm
07779 422980

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