

For pain in your ankle

What can I do to help?

Rest: It is usually best to try to carry out your normal activities in small amounts, you mustn't overdo it. You need to take things slowly, pace your activities and avoid movements that make your pain worse.

Heat or Ice: If your ankle is swollen and inflamed (warm to the touch) applying an ice pack may be helpful for reducing pain and swelling. A packet of frozen peas wrapped in a tea towel works well as an ice pack. Leave the peas in place for no more than 20 minutes at a time. This can be repeated several times a day. Using a heat pack or hot water bottle against the area of pain in your back can help settle symptoms. Apply for up to 20 mins. Wrap in a tea-towel to prevent burns.

Pain relief: Simple painkillers (like paracetamol) or non-steroidal anti-inflammatory drugs, NSAIDS, (like ibuprofen) are available over the counter and can be very effective but don't use them for more than 2 weeks without seeking medical advice.

If you are currently taking any form of medication it is advisable to consult your GP or pharmacist before taking additional pain relief.

Exercise: It is important to keep exercising a painful joint in a non-painful way. This will help stimulate the muscles then become stronger and less painful in time. Exercise will also maintain the mobility of your ankle.

Exercises to try:

Please try each one 2-10 times each hour. Some discomfort is normal as you may be moving muscles which are tight or stiff. Please stop them if they aggravate your pain.

1. Ankle Circles



Rotate the ankle around in a circle in both directions.

Do 10 repetitions one way and 10 repetitions the other.

2. Ankle Inversion and Eversion



Turn your foot to face in towards the other foot and then out and away.

Do 10 repetitions one way and 10 repetitions the other. Repeat every 1-2 hours

3. Single Leg Stand



Stand on one leg and try to maintain your balance for 30-60 seconds.

(If you feel unsafe, be sure to hold on to a support).