

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B
Whittington Hospital
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659
The plaster room: 020 7288 5668

The emergency department at any other time
Phone: 020 7288 3304

[Patient advice and liaison service \(PALS\)](#)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
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Ankle Sprain (Soft Tissue Injury)

A patient's guide



You have sustained a soft tissue injury (sprain) to your ankle. This can happen when you roll your ankle accidentally stretching or in some cases tearing the ligaments.

Depending on the grade of the sprain, recovery can take up to 12 weeks. It will be painful at first, with evidence of bruising and swelling – THIS IS NORMAL and will take time to settle; in some cases, up to 3 to 6 months: The swelling is often worse at the end of the day and elevating your foot will help this.

You may be provided with an ankle splint for mild sprains or an Aircast boot for more severe sprains: this is for your comfort only.

For the first week it may be too painful to walk on, in this instance we recommend rest, elevation, ice, and anti-inflammatories (it will be decided if you are safe to take these prior to leaving the hospital). When not walking, do remove the splint and move the foot and ankle (Please see our video on the Whittington health website for Air Alphabet exercises and guidance for application and removal of your splint: <https://www.whittington.nhs.uk/VFC>)

In some cases, you will be referred to the physiotherapist to help with your rehabilitation.

You can resume sports once you are able to walk without pain and discomfort; this is usually after 6 weeks and will be guided by the physiotherapist.

Please refer to the DVLA website regarding your fitness to drive if required.

A range of patient information leaflets and videos providing guidance and advice are available here:

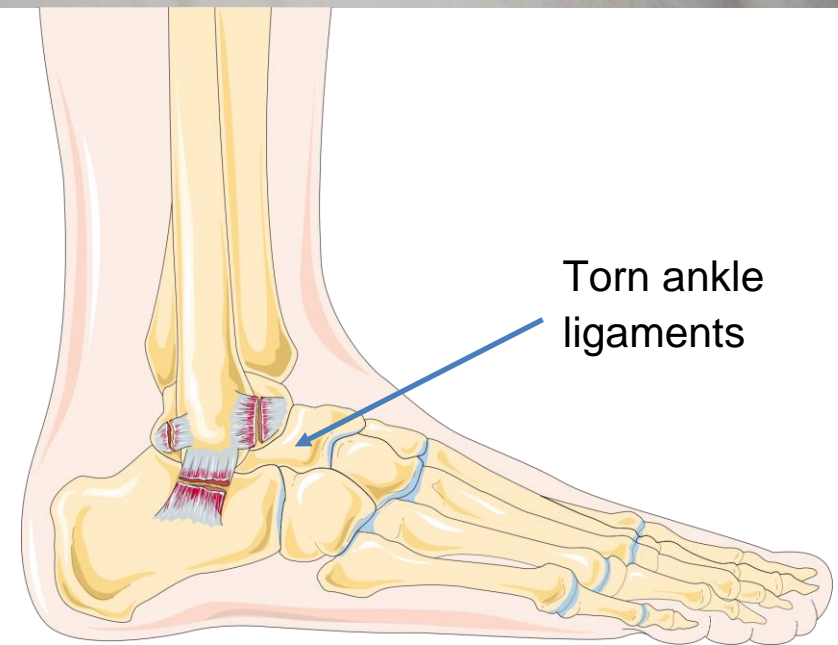


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