Physiotherapy Information Leaflet
Soft Tissue Injury of the Ankle

Physiotherapy Department
**What is a soft tissue injury?**

A soft tissue injury is an injury to the muscle, ligament or tendon. It is often caused by over stretching of the soft tissue which is followed by pain, swelling, reduced movement and difficulty weight bearing. Full recovery from most soft tissue injuries will take at least six weeks.

**First 24-48 hours**

In the first 24-48 hours following injury a regime of RICE is advised.

- **R** - Rest
  rest your injured limb in the first 24 hours as much as possible.

- **I** - Ice
  use an ice pack wrapped in a towel and applied to the swollen area for 20 minutes. This will help reduce the swelling and help with pain.

- **C** - Compression
  The use of a support bandage ie. Tubigrip is often helpful in reducing swelling and pain.

- **E** - Elevation
  Keeping your injured limb elevated on a footstool or a pillow will help to reduce the swelling.

**After 48 hours**

After the first 48 hours a regime of MICE is recommended.

- **M** - Movement
  Gentle active range of movement exercises will prevent the limb from becoming stiff. Some gentle exercises are advised on this information leaflet it is advised you do them four times a day within your own pain limits. Your physiotherapist will progress these exercises with you.

- **I** - Ice

- **C** - Compression

- **E** - Elevation
**Can I put weight through my injured limb?**

You may initially be issued with crutches by the A&E department. This is to allow you to rest the injured limb and help with the pain.

After the first 48 hours it is important to slowly start putting more weight through your limb and eventually progress to full weight bearing.

Your physiotherapist will advise you on this.

**Pain Control**

Pain control should be taken as prescribed by the doctor from A&E or your own GP. Your local pharmacy can also give advice on pain control.

**Sick Notes**

If you require a sick note for work this will need to be discussed with your GP.
**Ankle Exercises**

The following exercises should be repeated 10 times 3-4 times daily.

Kneeling, slowly lower your body weight onto your heels, feeling a stretch at the front of the foot. Hold for approx 30 seconds. Repeat 3 times.

Sitting with your foot on the floor. Turn your foot inwards & outwards. Repeat.

Stand with your foot to be exercised behind you and the other leg bent in front of you. Keep the heel of the back leg on the floor. Lean your body forward until you feel a stretching in the calf of the back leg. Hold for approx 30 seconds, repeat 3 times.

Lying on your back or sitting. Point your toes towards the ground & then pull them up-towards you. Repeat.
Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist with the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

This leaflet can be made available in other languages and formats upon request.