

## Advice for Foot and Ankle Injuries

**R**est Give your body time to heal, particularly in the first 3 weeks.

**C**ompression If supplied by your Physiotherapist, wear the tubigrip bandage during the day. **Keep wrinkle free and have the fold of the tubigrip at the toes.** Remove at night and wash regularly. This will help to control swelling. Alternatively, use the support you have been given by your Physiotherapist.

**E**levation Elevation is vital to limit swelling. Pace your daily activities so you can limit the swelling. The swelling should be at its best first thing in the morning.

### WALKING

If you are advised to use crutches please follow this advice. Walking badly can lead to later problems

- stand up
- put arms into crutches
- place crutches forward
- place injured foot forward
- try to get the heel onto the ground first
- bring the good foot up to meet it

- (later you will be able to step through with the good foot)

If you progress to using 1 crutch or stick – use it in the opposite hand to the injured limb.

### STAIRS

Use the bannister if there is one.

#### Going up:

- good foot goes up first, crutch stays down. Push on the crutch and bring injured foot up to meet good foot. Then place crutch on same step.

#### Going down:

- place the crutch onto the lower step, injured foot down followed by good.



### EXERCISES

To avoid complications such as stiffness, weakness and risk of recurrent problems the following exercises should be carried out regularly.

## RANGE OF MOVEMENT EXERCISES



With foot elevated point foot down.

Pull toes up.

Turn soles of foot inward then outwards.

You may be advised to do these using a coloured theraband.

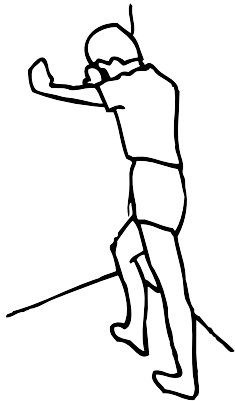
Do big movements within the limits of discomfort and repeat several times

Sit in chair with space underneath it.

Place feet flat on floor. Slide injured foot forwards as far as you can, keeping toes on the ground. Then slide foot back under the chair again, keeping foot flat. Use something that slides easily e.g. soft towel on lino, or metal tray/shiny magazine on carpet to prevent rubbing sores.

## STRETCHES

DO NOT bounce whilst stretching. Once in position hold for 30 seconds then relax.



1. Stand with feet hip width apart. Slide injured foot back.

Bend front knee.

Keep back knee straight.  
Keep heel on ground.

2. As above, but bend back knee.

## BALANCE

As you master each exercise move onto the next. This may take a little time. Do not rush. Be confident before moving on.

1. Stand with feet hip width apart. Stand near to something you can hold onto. Slowly transfer your weight from one foot to the other.
2. Hold onto something stable. Practice standing on your injured leg.
3. Now try this without holding on looking at your feet.
4. This time try to look up.
5. Now with your eyes closed.

Practice standing on your injured leg when doing everyday activities e.g. cleaning teeth, on the telephone, drying yourself when out of bath/shower.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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