



The official fundraising arm of the  
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand  
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal  
Alexandra website; use the QR code below or follow the link:

*[theroyalalex.co.uk/clinical-services/aande/](http://theroyalalex.co.uk/clinical-services/aande/)*



**Useful numbers:**

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in center/GP service)

8am/8pm | 7 days a week | 0333 321 0946



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way  
intended to replace professional clinical advice by a qualified practitioner.

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Reference no. 952 - Publish Date: October 2018 - Review Date: October 2020

Brighton and Sussex   
University Hospitals  
NHS Trust

the  
**alex**

Children's Emergency Department



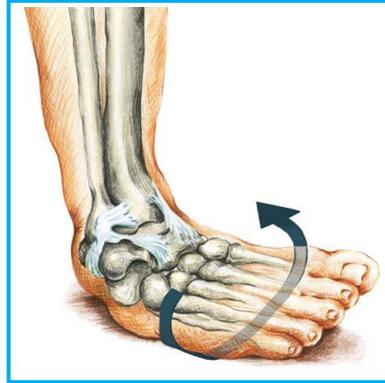
## Ankle sprain

Information for parents, carers & relatives

## What is an ankle sprain?

A sprained ankle occurs when a ligament is forcibly rolled, twisted or stretched beyond its normal range of movement.

A ligament is a tough, flexible, fibrous tissue that connects one bone to another to form a joint & provides stability to your ankle.



## What is the treatment for an ankle sprain?

**Pain relief** is an important part of your child's recovery and ability to walk. Give them regular Paracetamol and Ibuprofen.

**Rest** will allow the healing process to begin. For the first few days your child should reduce the amount of walking that they do and gently exercise the ankle using the advice overleaf.

**Ice packs** help to reduce swelling, which in turn relieves pain. Wrap an ice pack or crushed-up ice in a towel/pillow case and place it on the swollen area for up to 15 minutes at a time.

**Elevation** also reduces swelling and pain. Ensure your child keeps their injured leg elevated (heart level) as much as possible during the first 72 hours.

## The Importance of physio rehab and exercises

Exercises are vital to your child's recovery. They help strengthen the damaged ligaments, keep the joint supple and mobile, help reduce swelling and ease pain.

You'll find the exercises online at **Brighton Virtual Fracture Clinic (VFC)**. The VFC was set-up by consultant Orthopaedic Surgeon James Gibbs, the current physiotherapy lead for the VFC is Felicity Auld.



## What is my Recovery time?

Most ankle sprains take around 6-8 weeks to heal. During this time you should not participate in any **Sport, PE and dance or any other high impact activities such as trampolining and skateboarding etc.**

Activities such as walking and swimming should be encouraged as these will help mobilise the joint and aid your recovery.



Use the QR code opposite or follow the link below to view your physio rehab video.

[fracturecare.co.uk/care-plans/ankle/ankle-sprain/](https://fracturecare.co.uk/care-plans/ankle/ankle-sprain/)