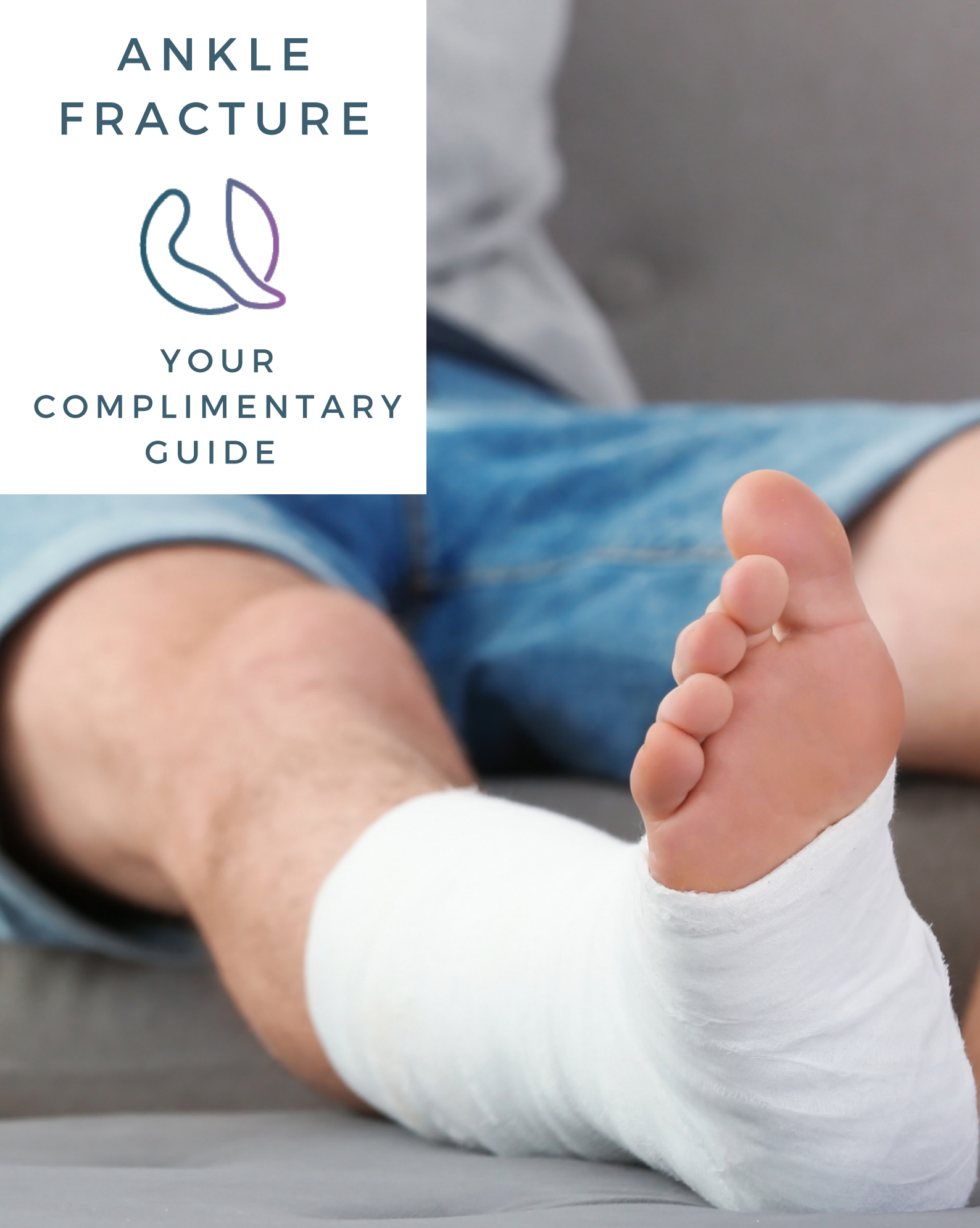


ANKLE FRACTURE



YOUR
COMPLIMENTARY
GUIDE



Ros Miller
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Foot-doctor.co.uk

IS IT BROKEN?



Unable to stand on the ankle

If you fall and can't take weight on your foot you may have some significant damage.

Other symptoms are **pain, swelling, bruising**
Your foot or ankle may be in the wrong position or a **funny shape**

You may have heard a **loud crack or snap**

WHAT CAN I DO?

You need to get this check-out
If you are able, go to A&E
If not, you need to call for help

DO I NEED AN OPERATION?

That depends on what type of fracture it is and if it is stable or unstable.

WHEN WILL IT HEAL

In adults, with normal blood supply and sensation, typically 6-8 weeks



Over 10 years experience treating problems of the Foot and Ankle.

Orthopaedic Surgeon, Foot & Ankle
Specialist Registration with the
General Medical Council.

International reputation for
Minimally Invasive Surgery
of the Foot and Ankle.

PROFESSOR ROSLYN MILLER, FRCS





ARE ALL FRACTURES THE SAME

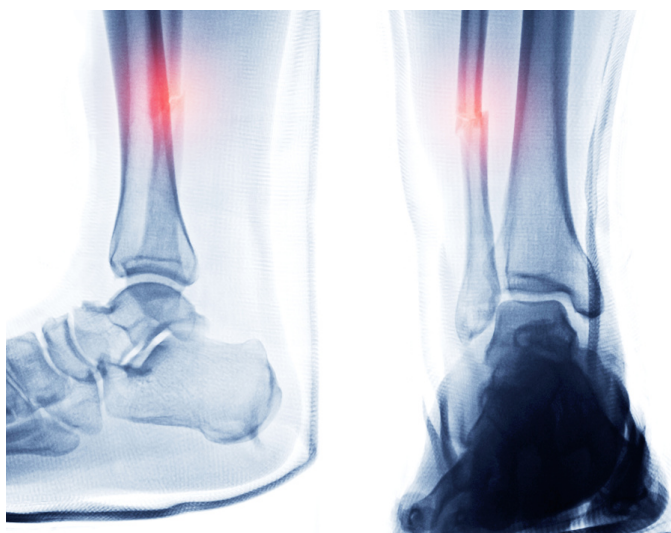
NO. The ankle joint is made of three bones which form a 'mortice joint'. The joint is held in place by a series of ligaments. Tendons attach bone to muscle, and when the muscle contracts, the joint moves.

An ankle fracture can involve one, two or three of the ankle bones. Sometimes the ligaments also get damaged.

If the joint moves out of it's normal positions, this is called a fracture-dislocation. These injuries nearly always need an operation.



Some times on only a small part of one of the bones is injured. To the untrained eye, this can be mistaken for a more minor injury, when in fact there is significant soft tissue damage.



Things that need to be checked out

Is the circulation to your foot ok?
Is your fracture stable or unstable?
Will your fracture stay in the correct position during the healing process

WHAT HAPPENS IN A&E?

- You will need to be registered on arrival.
- All patients are triaged base on the urgency of their clinical need.
- You will be seen and assessed.
- If it looks as if you have broken something you will get an x-ray.
- If there is a significant break you may be referred to Orthopaedics.





BACK SLAB & CRUTCHES

If your fracture is 'unstable' or 'dislocated' it is vital that your ankle joint is put back into the correct position.

This is done in A&E, with gas and air (the same drugs for used for women during childbirth).

You may be admitted to the Orthopaedic Trauma Ward.



REST

ELEVATE

WIGGLE YOUR TOES

If your fracture is 'stable' or is 'unstable' and been 'reduced' into a 'satisfactory position' you may be allowed home from A&E with instructions about what will happen next.



TRAUMA MEETING & VIRTUAL FRACUTRE CLINIC

Your case will be discussed the following day with an Orthopaedic and Trauma Consultant

An Orthopaedic doctor may split your back slab.

This is to check to see how swollen your ankle is, and if there are any blisters.



If it has been decided that you need an operation, you will be taken to the theatres.

In the NHS, the timing of your operation is based on the number of other emergency cases that need to be done ahead of yours.

It is not uncommon for foot and ankle trauma to be delayed for 7-10 days.

POST-OP AND STABLE FRACTURES

Once you have a 'stable' fracture you will be followed up at the fracture clinic.

Typically this is around 10-14 days after you injury,

You may be changed into a lighter plaster cast



CAN I WEIGHT-BEAR?

That depends on your fracture type and if you have had an operation to fix your ankle.

The surgeon will advise you as to how much weight you are allowed to take through your ankle.

Usually, a physiotherapist will ensure that you are safe using your crutches before you are discharged.



REHABILITATION

Typically a straight-forward ankle fracture will take around 3-4 months to heal and regain a range of movement.

Physiotherapy is required to make sure you get an optimal outcome.

The more severe your initial injury, the more likely you are to develop problems with the ankle, including ankle arthritis.



CAN I HAVE MY TREATMENT IN THE PRIVATE SECTOR?

The short answer is yes.

There are some types of fractures that may be better suited to acute management in the NHS.

If you would like to have a virtual **Consultation** with me to discuss your options, I can have a member of my team arrange that for you.



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If you would like more information
or to book a consultation

Call 0800 193 3668

or

email:

info@foot-doctor.co.uk



[Foot-doctor.co.uk](https://www.foot-doctor.co.uk)