

Ankle fracture

A **fracture** is a partial or complete break in a bone. **Fractures** in the **ankle** can range from the less serious avulsion injuries (small pieces of bone that have been pulled off) to severe shattering-type breaks of the tibia, fibula or both.

Things you can do to quicken recovery process

- **Stop smoking** – Smoking reduces the ability of the body to heal itself and can delay and even prevent your fracture from healing. It can also increase the risk of an infection by suppressing your body's immune system.
- **Manage the swelling** – keeping the leg elevated at regular intervals will help to reduce the swelling, which will improve the circulation and healing. Moreover, you can use compression stockings or flight socks to reduce the swelling.
- **Keeping mobile** – It is important to be mobile and move the foot up and down while sitting/resting. This can help to reduce the risk of developing other complications such as blood clots.
- **Falls prevention** – If you are non-weight bearing through your injured leg, take extra care. Ask family or friends to make sure your rooms and floors are free from trip hazards such as rugs and mats. Take your time when standing and get your balance right before you start to move.

Following surgery you should expect:

- Muscle wasting
- Stiffness
- Pain
- Weakness
- Swelling

These are all normal occurrences and will improve over time. If you start to develop increased swelling or discomfort, you need to stop and rest. Elevate the foot and apply

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ice to help to reduce the swelling and ease the discomfort. As you start to become more mobile the stiffness will slowly improve as well as your strength and endurance.

Exercises

