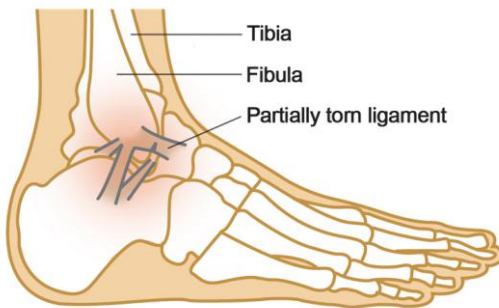




Royal Manchester Children's Hospital Paediatric Emergency Department

Information for Patients and Carers

Simple ankle sprain



Your child has sustained an ankle sprain. This happens when the ligaments surrounding the ankle get stretched or slightly torn.

After an ankle sprain your child may have pain, a hard time walking and less movement in their ankle. They may also get bruising around the front and side of the ankle. The following will help reduce the swelling (and pain):

1. **Rest** – Your child should continue gently exercising the ankle and walking on it for short journeys to **prevent joint stiffness and speed up recovery**. This is why children with an ankle sprain are not given crutches. Avoid long walks, running and jumping until they can walk on the ankle without any pain.
2. **Ice** – Crushed ice or frozen peas wrapped in a towel over the injured area for a maximum of 10 minutes 2-3 times a day can help.
3. **Painkillers** - It is important to give your child appropriate doses of **paracetamol** or **ibuprofen** (widely available from pharmacies and supermarkets) to help with any pain.
4. **Elevation** - Whenever possible in the first few days try to keep the leg raised on a pillow. We no longer give children compression bandages as they do not help your child recover. However, if they would find one comforting they can be purchased from most pharmacies.

These injuries heal well over time, therefore there is no need to reattend the hospital for follow up.

Useful contacts

If your child is experiencing any significant pain or if you have any concerns or would like more advice about your child's injury, please telephone or email the Paediatric Orthopaedic Department:

☎ **0161 701 5356**

✉ vfc.rmch@mft.nhs.uk

Please leave a detailed message including your child's full name and date of birth and you will be contacted. For an emergency that cannot wait until the next working day please contact the Paediatric Emergency Department on 0161 701 9102.