



Simple Ankle Injuries

Your child has an ankle injury. This happens when the ligaments of the ankle get stretched or slightly torn or when your child has a small break (fracture).

After an ankle injury your child may have pain, less movement in their ankle and difficulty walking. They may also get bruising around the ankle.

These injuries heal well and do not require routine X-rays or repeated visits to hospital.

Your child may be given a boot to help in the first few days, but this must not be worn for more than 1 week and must not be worn routinely after the first 24-48 hours. If your child is unable to walk without it after 2 weeks you should contact the Virtual Fracture clinic (VFC).



The following will help reduce the pain (and any swelling):

- **Rest**

Your child may need to take a short break from sport if their pain is severe. Exercise will make the pain worse. Avoid running and jumping until they can walk without any pain. Scan the QR codes for information on returning to activities

- **Ice pack**

Crushed ice or frozen peas wrapped in a towel to the area for first 24 hours.

- **Painkillers**

Your child can take appropriate doses of paracetamol or ibuprofen (widely available from pharmacies and supermarkets) to help with any pain.

- **Elevation**

Whenever possible in the first few days try to keep the leg raised on a pillow. We no longer routinely give children compression bandages as they do not help your child recover.



Scan here

for more information on minor ankle injuries

Useful contacts

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

0161 701 5356

Please leave a detailed message including your child's full name and date of birth and you will be contacted



To access more about this and to be able to read this in different languages, please scan the QR code or visit our Paediatric Emergency Department webpage on <https://mft.nhs.uk/ankle-injuries>

