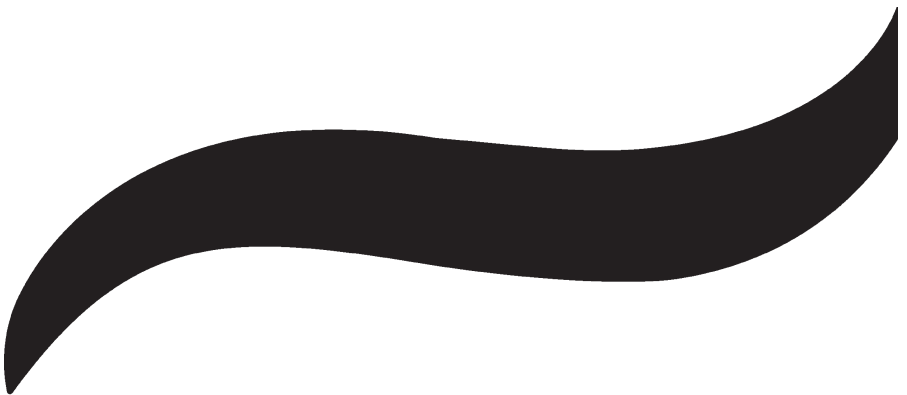




# Acute Ankle Sprain

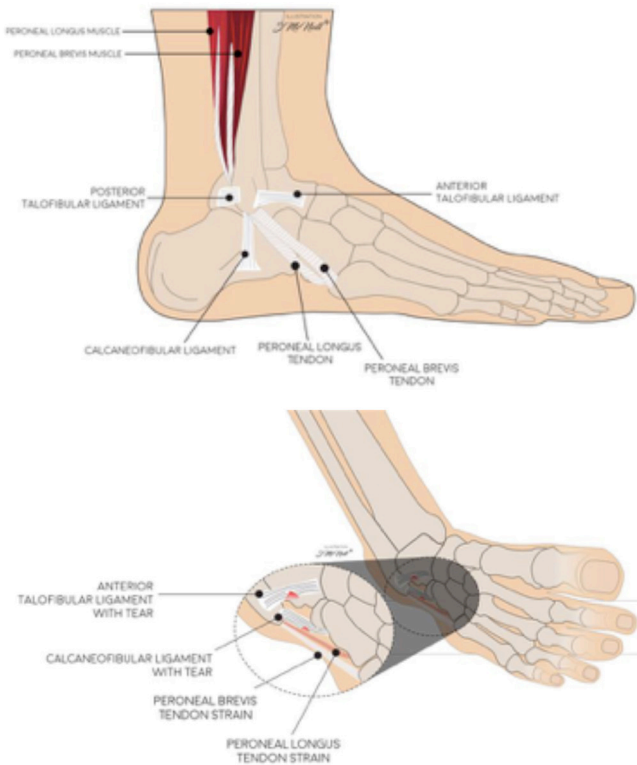
Patient Information  
Physiotherapy



# WHAT IS AN ANKLE SPRAIN?

An ankle sprain is an injury that usually happens at the outside of your ankle when you twist and/or land awkwardly on it. The tissues commonly injured in an ankle sprain are what are known as the ligaments. Ligaments are fibrous tissue that connects bones to other bones and keep the joint stable by stopping unwanted movement. After a ligament injury on their ankle most people experience pain, swelling, loss of function and sometimes find they can't put their weight on their ankle.

There can be differing degrees of ankle sprain, therefore your recovery time depends on the degree of injury you sustain. Recovery can take anything from a few weeks to several months.



## WHAT ARE THE SIGNS AND SYMPTOMS OF ANKLE SPRAIN?

People can experience the following symptoms

- ❖ When you injure your ankle, you may hear a ‘popping’ sound or feel like your ankle has given way
- ❖ Pain, especially when you put your weight on your ankle.
- ❖ Swelling round the outside of the foot and ankle. This can be minor however some people have a lot of swelling.
- ❖ You may have some bruising around the outside and/or inside of the ankle but this may spread into the foot and even down to the toes. This might get worse over a few days following the injury. If you don’t get bruising straight away please don’t worry.
- ❖ When touching the painful area, you may experience some tenderness or pain
- ❖ You may not be able to fully move your ankle joint in the same way you can move your other ankle.
- ❖ Your muscles around the ankle joint may feel weak
- ❖ You may struggle to walk normally due to pain and may feel off balance

## HOW COMMON IS AN ANKLE SPRAIN?

Ankle sprains are very common, and up to 70% of people will experience this in their lifetime. It’s very common for the injury to happen again, especially in the first year following the first injury.

## WHAT CAUSES AN ANKLE SPRAIN?

A sprained ankle happens when you roll over the outside of your foot and your foot turns inwards. This happens very quickly and you don't get enough time to react. A sudden and rapid inward twisting force – we call this an inversion injury - is where the ligaments and soft tissues are over-stretched, sometimes torn or in rare cases ruptured. More rarely, your foot and ankle can move in the opposite direction over the inside of the foot resulting in strain to the stronger deltoid ligament. You can also develop ankle pain when your foot ankle flexes up the way rapidly or you twist your body round with your foot remaining planted on the ground.

Common causes of an ankle sprain are:

- ❖ Sudden change in direction/twisting movement
- ❖ Impact during sport/recreational activity
- ❖ Walking, running or exercising on uneven ground/terrain (for example walking across cobbles)
- ❖ Twisting on a planted foot (for example studs getting caught on football field)
- ❖ Tripping or missing a step on the stairs - common in high heels

## WHAT CAN HELP AN ANKLE SPRAIN?

It is important to try and walk as normally as possible to allow your ankle joint and muscles to maintain range of motion and function. Most people are able to walk in their usual way by 2 weeks after their injury.

### Stairs

When walking up and down stairs, it may help you to do the following:

- ❖ Do one step at a time, and use a handrail if available
- ❖ When you climb up, put the uninjured leg first
- ❖ When you climb down, put the injured leg first

## Driving

If you are a driver, you must ensure you are able to fully operate the foot pedals and perform an emergency stop. Please contact your insurer if you have any queries.

## **TIMESCALES/PROGNOSIS**

The pain from your ankle sprain should get better quickly, usually within 2 weeks. Only a small number of people have long-term pain after their injury.

Ankle sprains can be categorised into mild/moderate/severe:

- ❖ A mild ankle sprain can heal within a few weeks with you looking after it yourself
- ❖ A moderate ankle sprain can take a few weeks to recover. However you may be at risk of re-injuring your ankle within the first few months after your first injury.
- ❖ A severe ankle sprain may take several months to recover, and some cases may need surgery.

Ankle sprains have a high re-injury rate. You are at high risk for re-injuring your ankle in the first year following your sprain. This could lead to long-term issues such as chronic instability at the ankle joint where your ankle feels like it's 'giving way' a lot.

Most people return to normal day to day level within 6-8 weeks and return to activity and sport within 8-12 weeks.

# EXERCISES FOR AN ANKLE SPRAIN?

## Early Stage Exercises

### Ankle pumps

- ❖ Sit on the floor or a bed with your legs straight out in front of you.
- ❖ Slowly bend your ankle upwards so that your toes come up towards your body.
- ❖ Hold for 1 – 2 seconds then slowly push your foot and toes away towards the floor. Complete up to 10 repetitions 3 times per day.



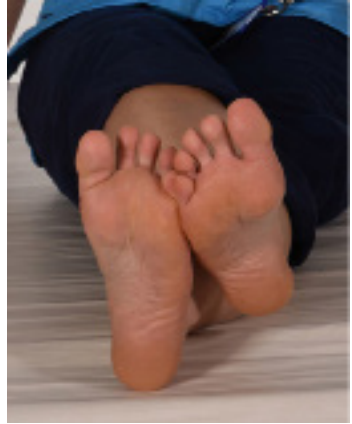
### Passive Dorsi Flexion

- ❖ Sit with one leg straight out in front of you.
- ❖ Put a band around your foot.
- ❖ Gently pull the band and feel the stretch in your calf.
- ❖ Hold approximately 30 seconds. Repeat 3 times.



## Isometric Eversion

- ❖ In a seated position, cross your lower legs over with your affected (sore) leg on top.
- ❖ Press the outside border of your feet against one another.
- ❖ Hold this position for up to 10 seconds or as pain allows. Then relax the foot. Complete up to 10 repetitions three times per day.
- ❖ Make sure your pain is no greater than 4/10 on the pain scale (0 being no pain and 10 being the most pain you've ever had) when you're doing this exercise.



## Isometric Plantar Flexion

- ❖ In a seated position place your affected foot on top of your unaffected foot.
- ❖ Push your top foot downward blocking the movement with the bottom foot.
- ❖ Hold this position for up to 10 seconds or as pain allows. Then relax the foot.
- ❖ Complete up to 10 repetitions three times per day.
- ❖ Make sure your pain is no greater than 4/10 on the pain scale (0 being no pain and 10 being the most pain you've ever had) when you're doing this exercise.



## MIDDLE STAGE EXERCISES:

### Isokinetic Eversion

- ❖ Sitting in a chair, turn your affected foot outward leading with your little toe.
- ❖ Hold for a moment and slowly bring your foot back to the starting position.
- ❖ Complete up to 10 repetitions or as pain allows, three times per day



### Standing calf raise

- ❖ Stand with your feet hip width apart holding onto a stable surface such as a kitchen worktop or chair.
- ❖ Ensure your weight is spread evenly throughout both feet and your toes and knees are pointing forwards.
- ❖ Raise your heels off the ground shifting your weight over your toes.
- ❖ Hold for a moment and slowly lower in a controlled manner back to the starting position.





## Tandem Stand

- ❖ Stand up and bring your feet in line so that the heel of the front foot touches the toes of the back foot, and have your arms relaxed.
- ❖ Ensure your weight is evenly distributed throughout both feet and keep your toes relaxed.
- ❖ Maintain your balance in this position for up to 60 seconds or as able.
- ❖ If this is too difficult to start with, stand with your feet together placing one foot slightly in front of the other
- ❖ Try to avoid shifting the weight to the outside of your foot.
- ❖ Repeat this up to 10 times as pain allows, 3 times per day



## **LATE STAGE EXERCISES:**

### Single leg calf raise

- ❖ Stand up and hold on to a stable surface (for example your kitchen worktop or the back of a chair) on your affected leg.
- ❖ Bend the other knee so that it is away from the floor.
- ❖ Raise your heel off the ground shifting your weight onto your toes.
- ❖ Hold for a moment and slowly lower back to the starting position in a controlled manner.
- ❖ Complete up to 10 repetitions as pain allows, three times per day



## Single leg stand

- ❖ Stand next to a stable surface (for example your kitchen worktop or the back of a chair) for support if required.
- ❖ Transfer your body weight on to your affected leg, lifting the opposite foot off of the floor.
- ❖ Hold this position up to 60 seconds or as pain allows.
- ❖ Complete this three times, up to three times per day.



## Tandem Walk

- ❖ Find a suitable space with even ground.
- ❖ Begin with your feet together.
- ❖ Place one foot in front of the other so that the heel almost touches the toe keeping your balance.
- ❖ Then place the other foot in front as though you are walking along a beam or tightrope.
- ❖ Repeat for 10 steps and complete 10 times.
- ❖ You can make this more difficult by also going backwards.



## WHEN TO SEEK HELP?

You should speak to a medical professional if you have any one of the following:

- ❖ You are not able to put your weight on your ankle and take 4 steps or more immediately after your injury
- ❖ If your foot changes colour and this isn't normal for you
- ❖ If you have any changes in the feeling in your foot or ankle and it doesn't go back to normal.
- ❖ Immediate bruising and/or a lot of swelling
- ❖ Your ankle looks to be an odd shape that isn't normal for you
- ❖ If you have a known blood disorder

## HELP AND SUPPORT

If, after following the above advice, your ankle sprain has not improved within 6 to 12 weeks it may be helpful for you to see a physiotherapist.

Your GP can refer you to physiotherapy if appropriate.

## WHAT DO I DO IF MY SYMPTOMS FLARE UP?

Flare ups of pain are common. This is when your pain suddenly becomes very bad for a time.

Some people have a lot flare ups of pain so it is important to know how best to manage these flare ups. In most cases a pain flare-up will settle within 6 weeks.

### TOP TIPS:

- ❖ You will likely find it helpful to rest a bit more but it is still important to keep active. This will help to avoid becoming stiff and your muscles becoming weak.
- ❖ If you aim to get a balance between rest and activity it should help your pain to settle down. You may be sore at first, however, start slowly and gradually increase the amount you do.
- ❖ Reduce movements or tasks that make your symptoms worse. This can help especially in the early days.
- ❖ Finding positions or movements that reduce your pain can be useful.

## ACUTE INJURY MANAGEMENT

POLICE stands for: Protection, Optimal Loading, Ice, Compression and Elevation. It is used to help many injuries and conditions for the first 1 to 3 days.

- ❖ Protection and relative rest are advised immediately after injury for the first 1 to 3 days.
- ❖ Optimal loading refers to having a balanced rehabilitation program which encourages early and gradual activity to improve recovery. How you progress will vary from person to person depending on the injury. It is about finding the injured areas happy place and increasing slowly and gradually.

Ice may be used for reducing pain and swelling. There are safety points to follow when you use ice:

- ❖ Don't ice over a numb area or open wound. If the skin is numb you won't notice if you're developing an ice burn and ice on an open wound can increase the risk of infection.
- ❖ Be wary of ice burns – don't apply ice directly to the skin, wrap an ice pack in a clean, damp tea towel before applying. Avoid prolonged exposure to ice, 10-20 minutes is usually adequate.

## APPLICATION

- ❖ Apply crushed ice/frozen peas wrapped in a damp towel for 10-20 minutes, 2-3 times per day for the first 5-7 days post injury.
- ❖ Stop applying ice if there are any bad effects such as increase in pain or swelling or skin soreness.

Compression and Elevation are helpful for reducing inflammation and swelling. This can be done by keeping your sore area raised on a pillow and compressed by wrapping a bandage around it. Do not make the bandage too tight and do not wear tubi-grip or any compression bandage in bed at night.

Heat: After 2-3 days, you may find that heat is more relaxing.

You could use a heat pad or a hot water bottle with an insulated cover on it. Make sure this is not too hot and is not directly touching your skin.

You should do this for 10 to 15 minutes, 3 to 4 times a day.

## **LIFESTYLE ADAPTATIONS**

If you have any on-going condition you may need to make some changes to your regular activities to make life easier. Here are some suggestions:

### **Washing and Dressing**

Non-slip bat mats, rails, bath boards or seats may make getting washed easier. If you struggle to get on and off the toilet a raised toilet seat or grab rail may help. Think about where you put your toiletries and avoid having to stretch to reach items.

When drying hair you could try supporting your arm on a table if you find it difficult to hold the hairdryer above your head or you find it too heavy.

You might find it easier to get dressed sitting down. There are various tools on the market that may help with dressing for example a long handled shoe horn.

### **In the Kitchen**

Try to keep items that you use regularly within easy reach. Think about sitting down to prepare food, a perching stool or your kitchen table may be helpful.

Try not to overfill pots or kettles as this will make them heavier to lift. You could think about using a kettle tipper or two handled saucepan if you still find it difficult to lift them.

If you are having difficulty using cutlery or utensils, you could try making them easier to grip by adding extra padding. You can also buy specialist cutlery with large handles.

## **Sleep and Posture**

If you have one side that is painful try to avoid sleeping on that side especially with neck, shoulder or hip pain. You might find it helpful to use extra pillows to support your arms or legs.

If you are sitting try not to spend too long in one position. We recommend moving every 20 minutes. Think about the height of your chair and sit in a higher chair if you struggle to get up from sitting. Armchairs may be better than a sofa as you will have arm support.

## **Housework and Garden**

Try not to attempt too many jobs in one day. Don't spend too long doing repetitive activities such as cleaning windows and hoovering. You could try sitting down to iron.

In the garden try to vary the jobs so you don't spend too long in one position.

## **Shopping and Driving**

You could take a trolley rather round the shop than a basket even if you are only needing a few items as this will give you more support and means you won't have to carry heavy items.

Try to break up longer journeys, get out and stretch your legs regularly.

Please see the below links for further information.

North Lanarkshire: <https://www.makinglifeeasier.org.uk/>

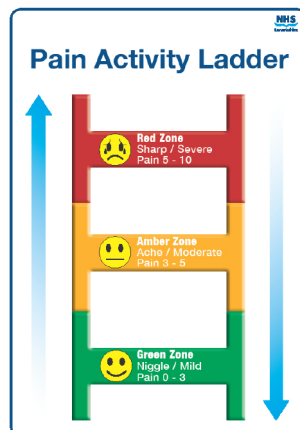
South Lanarkshire: <http://www.careinfoscotland.scot/topics/care-at-home/equipment-and-adaptionstelecare/>

## PACING AND SPACING

- ❖ Pacing and spacing can help you manage your pain better.
- ❖ Pacing is the term used for breaking down an activity or task. This can be done by taking regular breaks. Prioritising daily activities can also help. This can prevent “over stimulating” your pain system.
- ❖ When completing challenging tasks or activities, it may be useful to set a “baseline”. This is the amount you can manage on a good or bad day without increasing your symptoms. Therefore you can plan rests and set achievable goals.

## PAIN ACTIVITY LADDER

- ❖ By following the pain activity ladder (Click here for a video explanation <https://youtu.be/e9SEqd8bvII>) which can be seen below, you can identify activities that you would consider severely painful, moderately painful and mildly irritating and act to change your habits.
- ❖ The pain scale, most often used in healthcare, measures pain from 0-10 (zero being no pain and 10 representing the worst pain you could imagine).
- ❖ If you can identify the level of pain you have, you will find out if you are in the green, amber or red zone. The best way to move down to the green zone is by pacing and spacing your activity.
- ❖ When you do your rehabilitation exercises it is often best to work within the green (and sometimes amber zones depending on what you think is an acceptable level of pain) both during the exercises and in the next 2 days. If you find yourself in the red zone you are likely pushing yourself too hard and may make the pain worse again.





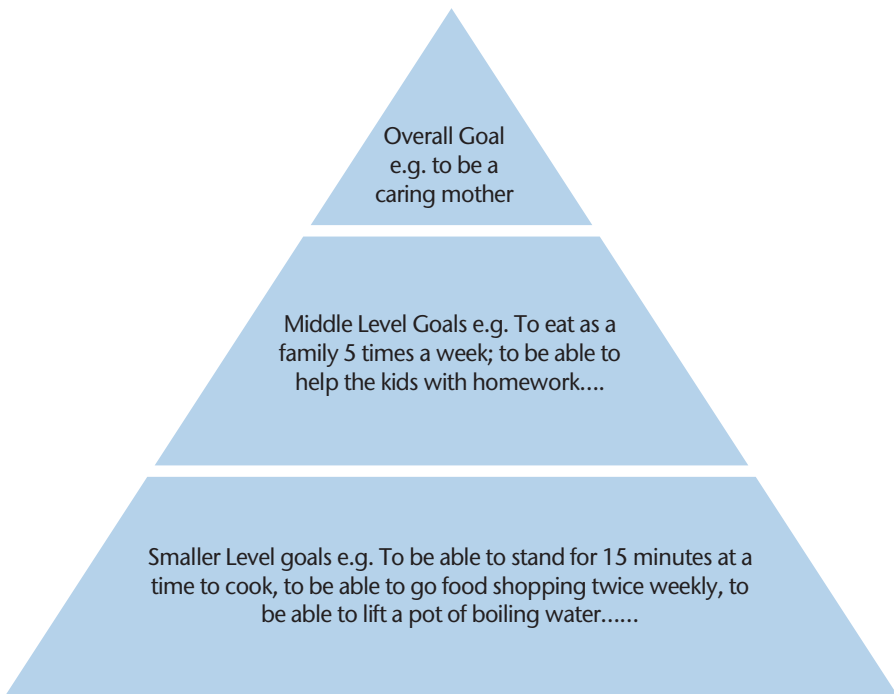
# SETTING GOALS

## Why should I set goals for myself?

When you have had pain for a long time, this can become mixed up in a number of ways. For example, low mood, loss of strength, poor sleep, less ability, worries, difficulty in relationships, stiffness and difficulties with everyday tasks. This can often lead to a lack of direction in life and losing sight of what is important and what you are aiming for. It can lead to losing sight of personal values and what you want to achieve.

It is realistic and, in fact, recommended, for you to set realistic goals. This provides motivation and direction for management.

The goals that you set for yourself should be important to you. If they are as meaningful as possible to you then they will provide you with the motivation to achieve them



## Starting with a small Goal

Once you have thought about what is important to you, take one small part of this and let's try to get this down on paper to make this a bit more workable. This would be one of the small goals from the bottom of the pyramid diagram.

To make your small goal workable, it is often recommended to make it SMART.

This means making it:

- ❖ Specific
- ❖ Measurable
- ❖ Achievable
- ❖ Rewarding
- ❖ Time limited

So for the goal of being able to go food shopping twice weekly, it would need to be checked off against this. So we might come up with something like 'To be able to walk 10 minutes to the supermarket, get around the supermarket with a basket, pack items in to bags, and walk back home, twice a week, in 6 weeks time'

Have a go at writing your goal down and making it SMART.....

What would you rate the chance of you achieving this goal?

0%.....100% confident

## Why is this your confidence level?

Now we need to think about how you will achieve it and overcome any barriers that may arise.

Write your SMART Goal here .....

Break this down into stages, or it's component parts

Is there a half way goal? .....

Is there a half way goal?	
Barriers to achieving the goal e.g. finances, pain, looking after children	Ways to overcome these barriers

Once you have started to achieve some of your small goals, it might be time to have a think about writing down a big goal, or your overall goal and use the same methods to plan this. This goal may be something that is years away, but writing it down will increase your chances of achieving it!

## Other uses for Goal Setting

Some people find it helpful to set weekly, monthly or even daily goals. This involves thinking about things in the same way, so deciding what is important to you, what should you be doing, what do you need to do, what is it realistic to do.

This involves the skills of planning and prioritising. So you may wish to write, or think about, a list of the things that you would like to do and decide what the priorities of this list are.

### Top Tips!

A new years resolution is a type of goal. The following is part of a report highlighting how to set yourself up for success.

‘People who kept their resolutions tended to have broken their goal into smaller steps and rewarded themselves when they achieved one of these. They also told their friends about their goals, focused on the benefits of success and kept a diary of their progress.’ <http://www.guardian.co.uk/lifeandstyle/2009/dec/28/new-years-resolutions-doomed-failure>.

Make the goal relevant to yourself

Write it down!!

Some spare tables for you to use

Weekly Goal Setting for week beginning .....
1.
2.
3.

Weekly Goal Setting for week beginning .....

1.

2.

3.

Weekly Goal Setting for week beginning .....

1.

2.

3.

Is there a half way goal?

Break this down into stages, or it's component parts

Is there a half way goal?

Barriers to achieving the goal  
e.g. finances, pain, looking  
after children

Ways to overcome these barriers

## WEIGHT MANAGEMENT

A good indicator of whether you need to lose weight is your body mass index (BMI). You can check this here: <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

If your BMI states you are overweight or obese it is likely that losing weight will reduce your symptoms. Carrying extra fat also increases your risk of heart disease, stroke, type 2 diabetes, and some cancers. Reducing your portion sizes and eating a balanced diet can be helpful in reducing weight. Click on this link for NHS informs online free 12-week weight management programme to get you started right away.

<https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme#Week1>

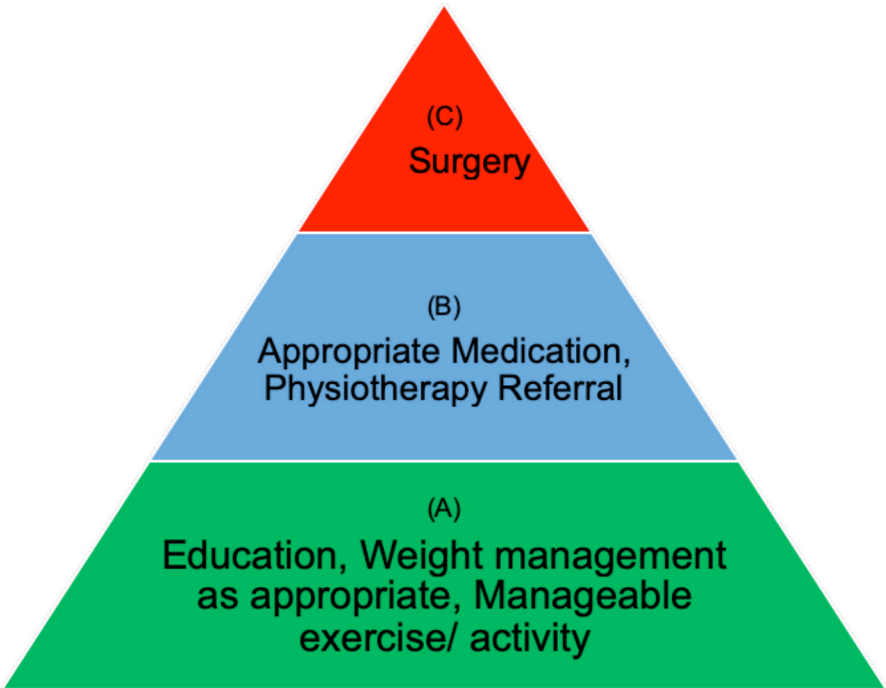
If you need a little more help and feel that you would benefit from working with others in group sessions NHS Lanarkshire's Weigh to Go programme will help you become more active, eat well and lead a healthier lifestyle. Follow this link for Weight-to-go groups in North and South Lanarkshire <https://www.nhslanarkshire.scot.nhs.uk/weigh-to-go/>



# TREATMENT TRIANGLE

For Musculoskeletal conditions the majority of people do not require surgery and simple basic treatment is recommended:

- A GREEN:** The majority of people find the advice, physiotherapy and medicines help.
- B BLUE:** A large number of people find the advice, physiotherapy and medicines help.
- C RED:** A very small number of people will need an operation.





## ANALGESIA

- ❖ Analgesia also known as pain relief can be an important part in helping you manage your symptoms and allow you to stay active.
- ❖ Taking the right kind of pain relief regularly allows you to move more normally and continue your usual activities without causing any damage. Pain relief won't always stop your pain completely. For this reason we use the term pain relief (A 30-50% reduction in pain would be a good success).
- ❖ Pain relievers/ anti-inflammatory medications can be used as advised by your GP or Pharmacist. If you feel the ones you usually take are not helping your pain or you have any side effects from your medicines, please speak to your GP or pharmacist.

## CORTICOSTEROID INJECTIONS

Condition specific information here: e.g. for SA pain:

If your symptoms are not improving after trying the advice and exercise then you might be offered a corticosteroid injection. The aim of the injection is to help reduce the pain and allow you to continue with physiotherapy.

The physiotherapist will advise you on when to re-start the exercises after you receive the steroid injection. A few people may have to have a second injection as the first one sometimes doesn't work fully.

Injections may not be suitable for every person.

## **SMOKING**

Smoking can affect how your body recovers from musculoskeletal problems. If you smoke then the good news is that by stopping smoking it can improve your health in many different ways. Giving up smoking is not something you have to do on your own. You're twice as likely to stop smoking successfully if you get the right support from the NHS. There is a free NHS stop smoking service available in Lanarkshire to help you succeed: <https://www.nhslanarkshire.scot.nhs.uk/services/quit-your-way/>

## **CHRONIC PAIN**

Some people will have pain which persists beyond the expected time frame for their condition. For further information on this and how best to manage it please visit <https://www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/>.

Pain association Scotland is a national charity that delivers professionally led self-management pain education in the community. For more information please click on the following link: <https://painassociation.co.uk/>

## **ACTIVE HEALTH**

General activity is beneficial in reducing pain and improving your general fitness levels. The most important thing is that you enjoy your activity.

### **South Lanarkshire**

Active Health is a programme for residents of South Lanarkshire living with long term conditions. Residents are referred via Acute, Physio & specialist nurses to a 10 week programme and then signposted onto a wide variety of mainstream physical activity, sport & outdoor opportunities.

South Lanarkshire Leisure and Culture have many active community opportunities as well as specialised referral programmes.

Follow this link [https://www.slleisureandculture.co.uk/info/35/leisure\\_centres](https://www.slleisureandculture.co.uk/info/35/leisure_centres) for a list of 20 leisure centres and contact details across South Lanarkshire or call 01698 476262 to find out the number of your local leisure centre.

Please contact your health professional to discuss this referral or contact SLLC on **01698 476262**.

Visit Website: [https://www.slleisureandculture.co.uk/info/34/health\\_and\\_fitness](https://www.slleisureandculture.co.uk/info/34/health_and_fitness)

## **North Lanarkshire**

North Lanarkshire Leisure's Active Health Programme in partnership with NHS Lanarkshire provides a range of supported programmes to help individuals realise the benefits of becoming more physically active whilst also assisting those who are recovering from minor or even more serious illness.

The Active Health Programme has both a General Programme where individuals can access the mainstream health and fitness programmes running within NL Leisure Venues including swimming, jogging, golf and more!

A Specialised Health Class Programme which requires a referral from a health professional, this option is available to individuals who require additional specialised support in taking part in physical activity and classes include Strength and Balance, Cardio I, Cardio II, Back Care and Macmillan Move More classes.

A health and social care professional can make a referral by using the Active Health referral form found at the bottom of the page in the link below.

Health & Wellbeing Information: **01236 341709**

### **Visit Website:**

<https://www.nlleisure.co.uk/specialised-health-classes/active-health>

Follow this link [https://www.slleisureandculture.co.uk/info/35/leisure\\_centres](https://www.slleisureandculture.co.uk/info/35/leisure_centres) for a list of 20 leisure centres and contact details across South Lanarkshire or call 01698 476262 to find out the number of your local leisure centre.

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## MENTAL WELL BEING

It is very important to look after your own mental wellbeing. This can have an influence on your recovery or management of your Musculoskeletal problem. For more information on mental wellbeing please click on the following link <https://www.nhslanarkshire.scot.nhs.uk/services/mental-wellbeing/>.

Well Connected is Lanarkshire's, social prescribing programme that makes it easier for us and people we know to take part in and benefit from activities and services that we know improve our well-being which means how we feel about ourselves and our lives. The Well Connected programmes have been shown to help people by:

- ❖ Improving self confidence and self-esteem
- ❖ Reducing low mood
- ❖ Reducing feelings of stress
- ❖ Helping people deal with some of the problems that are causing low well-being such as money worries, loneliness and unemployment
- ❖ Helping people develop positive ways of coping with the challenges of life
- ❖ Increasing opportunities for social contact
- ❖ Learning new and useful skills
- ❖ Improving community spirit
- ❖ Increasing the number of people taking part in arts, leisure, education, volunteering, sports and other activities

## SERVICES OFFERED

Anxiety and Stress

Panic Attacks

There are eight Well Connected areas available

- ❖ Physical activity and leisure opportunities
- ❖ Volunteering
- ❖ Employment
- ❖ Arts and culture
- ❖ Benefits, welfare and debt advice
- ❖ Learning opportunities
- ❖ Healthy Reading and Self-help Information in Libraries
- ❖ Stress Control Classes in communities

If you would like further information on the Well Connected programme or general information on mental health and well-being contact South Lanarkshire Infoline on 0330 3000 133. Or follow the link below to see the Website

<http://www.elament.org.uk/self-help-resources/well-connected-programme.aspx>

## **WORK**

We know that staying in work or returning to work as soon as possible is good for your mental and physical health.

If you have problems with activities at work, it may be helpful to ask for a workstation/workplace assessment or talk with your manager or Occupational Health Department. This can help with alterations or provision of equipment or altering your working day or tasks.

There are organisations which can support you at work or help you return to work – you can ask your physiotherapist or Occupational Therapist for information.

## CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk) or ask a member of staff for a copy of our Data Protection Notice.

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**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
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