

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B  
Whittington Hospital  
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659  
The plaster room: 020 7288 5668

The emergency department at any other time  
Phone: 020 7288 3304

#### [Patient advice and liaison service \(PALS\)](#)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)  
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## Ankle Avulsion Fractures

### A patient's guide



You have sustained an avulsion fracture to your ankle: one of the ligaments in your ankle has pulled a small fragment or piece of bone off. This is a stable injury that will usually heal within 6-8 weeks.

It will be painful at first, with evidence of bruising and swelling – THIS IS NORMAL and will take time to settle, in some cases up to 3 months.

We recommend rest, elevation, ice, and anti-inflammatories (it will be decided if you are safe to take these prior to leaving the hospital).

Please be aware that swelling can be worse at the end of the day: so elevation is important in the first few weeks of your recovery. You may have been provided with a walking ankle splint (please refer to our video for guidance on application and removal).

When not walking, do remove the splint and move the foot and ankle (Please refer to our video for Air Alphabet exercises and guidance for application and removal of your splint:  
<https://www.whittington.nhs.uk/VFC>)

You will be referred to the physiotherapist to help with your rehabilitation.

You can resume sports once you are able to walk without pain and discomfort; this is usually after 6 weeks and will be guided by the physiotherapist.

Please refer to the DVLA website regarding your fitness to drive if required.

A range of patient information leaflets and videos providing guidance and advice are available here:

