INFORMATIE OVER

Ankle injury with Weber A or avulsion fracture

You have a fracture of the ankle (weber A) or a small loose fragment of one of the bones in your ankle (avulsion fracture). These fractures are similar to a tear of the ligaments in the ankle and are therefore treated in the same way.

Treatment

A Weber A or avulsion fracture of the ankle is a common injury. The fracture is treated with a tubigrip (a special sock to reduce swelling) and an ankle brace. You can rent crutches at the hospital.

Time	Treatment
0-1 week	Tubigrip Wear the brace as soon as the swelling decreases enough for you to allow u to do this (usually after 3-4 days)
1-3 weeks	Wear the tubigrip and brace
3-6 weeks	Try wearing the brace less often, as soon as pain allows this
After 6 weeks	You may start sports

Instructions

Follow the instructions to improve the recovery:

- You can combine wearing the ankle brace and a sturdy shoe, for example a shoe used for hiking.
- You can stand on the foot as long as the pain allows you to do this.
- You should try wearing the brace less often after 3 weeks. You can find instructions on how to put on the brace in the link underneath in this pamphlet.

- It is important to elevate your ankle. Does the brace feel tighter? Elevate the ankle, for example putting it on a chair. The swelling will reduce, and the pressure and pain will decrease.
- The fracture is close to the joint. Therefore, start moving the ankle as soon as possible. This prevents the ankle from getting stiff. You can find the exercises in this pamphlet. It is really important not to do exercises if the pain does not allow you to do this.
- The first six weeks you should not practice any sports. After six weeks you may start sports again when the pain allows you to do this. You can wear a brace during sports when this is necessary.
- Are you in pain? Use a mild pain killer, for example paracetamol. Do not wait with paracetamol until the pain is too much.

Recovery

- This fracture almost always heals well with time and use – no specific treatment is required and therefore routine follow-up is unnecessary.
- Physiotherapy is not necessary. Are you not satisfied with the function of the ankle after 6 weeks? You can ask for a referral from your general practitioner.
- Does the pain increase, or does it not get better? Please contact the fracture-phone (Breuklijn).

Questions?

You can always call us.
Do you still have questions after reading the pamphlet? Contact the hospital ‘Fracture’ phone, number 020 – 634 6194 available Monday – Friday 10.00-12.00 and 13.00-16.00. Do you have questions about payment or insurance? Contact your insurance company or visit www.bovenij.nl page ‘Kosten en verzekering’ (in Dutch).

More information online

- For a video about the ankle brace, visit the following link:
https://www.youtube.com/watch?v=7hl6g5SOK4M

Contact BovenIJ Hospital

Fracture-Phone (Breuklijn) Mo – Fr 10.00-12.00 / 13.00-16.00	020 - 634 6194
Emergency Department	020 - 634 6200

Dissatisfied?

For us it is important that our patients are satisfied. That is why we aim to treat you as well as possible during your visit. Despite our effort, it is possible that situations occur which can make you feel unhappy. Are you dissatisfied? Please let us know, so we can find a solution together.

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Exercises

Instructions

After a fracture of the ankle it is possible that stiffness, loss of strength or loss of coordination can occur. The exercises described below can prevent this.

Initially move the ankle in all directions and gradually resume daily activities within the limits of discomfort. Every step you take is an exercise. Thereby you can start the exercises described underneath at least 3 times a day.

Start with the exercise 1 stretching while sitting on a chair. When this goes well, start exercise 2 stretching while standing up.

- Practise at least 3 times a day and make at least 10 repeats.
- Optional: you can practise in warm water for more comfort.

Exercise 1

Take a chair and start with the following stretching exercise.





1. Place your foot far from the chair and try to place your heel on the floor	2. Slide your **foot** closer to the chair and try to put the heel back on the ground.

Exercise 2

Stand up and start with the next stretching exercise.





1. Place your healthy foot in front. With your injured foot stretch your ankle as far as possible.	2. Place your foot flat on the ground.





3. Place your healthy foot behind your injured foot.	4. Stretch your ankle as far as possible.

Afdelingen

Spoedpost

Telefoonnummer	020-634 6200
Openings- en bezoektijden	24 uur per dag
Route	Via ingang Spoedpost (achterzijde van het ziekenhuis)

https://www.bovenij.nl/aandoening-behandeling/ankle-injury/ankle-injury-with-weber-a-or-avulsion-fracture
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