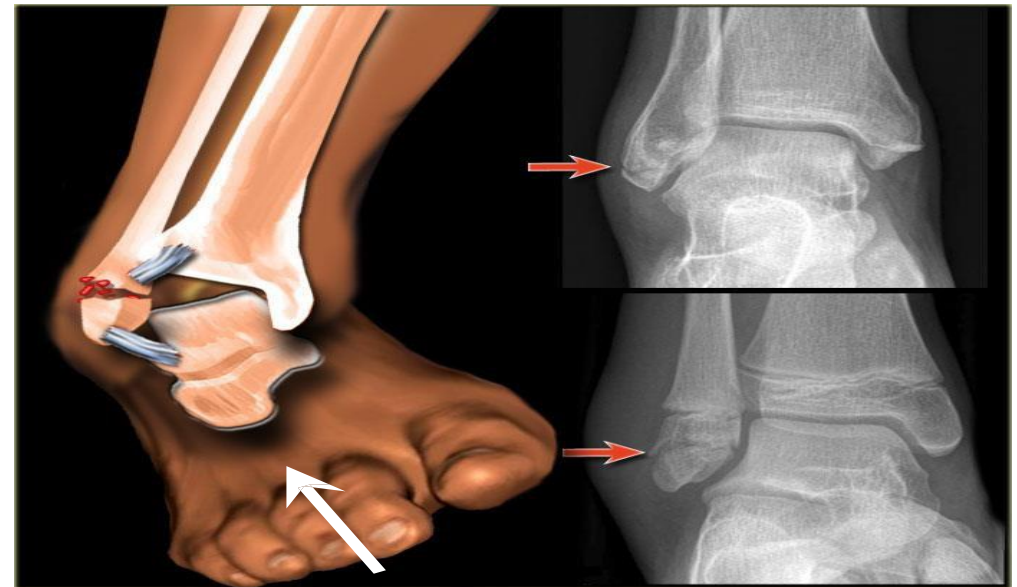


Fibula tip fracture

Weber A ankle fracture



- You have a break in the bone on the outside of your ankle, at the tip where your pain is located.
- These fractures almost always heal well with time and therefore routine follow-up is unnecessary.
- You will be provided a removable splint for comfort and will be allowed to put your weight through the ankle as pain allows.
- For the first 2 weeks you should rest, keep the leg elevated and take regular pain killers to prevent stiffness and ensure the quickest return to normal function.
- After 2 weeks you can remove the splint at night but should continue to use the support for at least 4 weeks but up to 6 weeks from injury. You will know the ankle has healed when you are almost pain free when walking and there is no tenderness when palpating the outside of your ankle.
- Forcible stretching is unnecessary, and is likely to cause pain and delay your recovery until 6 weeks from injury.



- After such injuries you may experience a niggle or twinges of discomfort when walking as your ankle returns to normal for up to 3 months. If your symptoms persist seek further medical advice.

Should you have any worries or concerns following discharge from your local hospital, please contact:-

Fracture Line 8.30 am to 5.30pm Mon to Fri	0161 778 5372	
Emergency Department (out of hours)	Royal Oldham Hospital 0161 627 8933	Rochdale Urgent Care 01706517023
	North Manchester Gen. 0161 7202433	Fairfield General Hospital 0161 778 2600