



What is my diagnosis?

You have fractured (broken) the bone on the outside of your ankle. The bone is called the **fibula**.

These injuries almost always heal **without the need for any intervention or surgery**.

You may have been given a supportive Velcro boot, often called a “moon boot”. You are allowed to put your weight through the ankle as long as you are wearing the moon boot.



What happens next?

- Your X-rays and notes will be checked by a Consultant Orthopaedic Surgeon
- You will be offered a fracture clinic in **2 weeks** to have another X-ray to make sure the bones are lined up
- Most patients only need to come back to clinic **one or two times**
- Please ensure the Emergency Department/Minor Injury Unit reception staff have your mobile and phone home numbers.

What can I expect during my recovery?

- The pain begins to settle after a few weeks
- The injury will heal over the course of **6 weeks** but you may have some occasional aching for up to 6 months.
- You **do not have to wear** the moon boot when seated or when in bed
- The boot must be **worn when standing or walking for 6 weeks**
- Remove the boot every day to move your ankle and foot (see the exercises overleaf)
- Regaining a full range of movement as soon as possible will speed up your recovery
- Most people return to desk work by **1 to 2 weeks**, but manual work may not be possible for **4 to 6 weeks** depending on your symptoms
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

Key exercises (three times a day)

Ankle bending and straightening

- As soon as you can, remove the boot and begin to move your ankle up and down
- When the pain begins to settle, use a towel around your foot to pull up and stretch your calf



Ankle in and ankle out

- While seated lift your foot
- Move the ankle in the way then out the way



What if I have a problem?

Very occasionally some patients have difficulties with ongoing pain or stiffness. If you have any issues beyond **three months** after injury please contact us on the details below.

Get in touch

Please get in touch via our trauma email if you have any queries about your injury:

traumaenquiriesRIE@nhslothian.scot.nhs.uk

Helpline Monday-Friday (8am – 4pm): 0131 242 3410

Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am – midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 537 3468 (9am – 8.30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)