

# GP Information Sheet

## Ankle Sprain/Avulsion fracture

Dear Doctor

Your patient has recently been referred to the Ipswich Hospital Fracture clinic.

They have sustained an Ankle Sprain/Avulsion fracture.

### **Treatment:**

This type of injury is treated with weight-bearing as tolerated through a moonboot for up to 6 weeks.

The patient should return to activities gradually after 6 weeks. The moonboot should not be worn longer than 6 weeks. If the patient has significant stiffness or difficulty walking, a referral to physiotherapy may be necessary.

### **When to repeat X-Ray:**

Ankle sprains/Avulsion fractures do not require repeat x-rays.

### **Help and Troubleshooting:**

We are happy to be contacted should you have any concerns.

For assistance, please call the Ipswich Hospital On-Call Orthopaedic Registrar on (07) 3810 2006