

Access Ortho

Ankle Fractures

The ankle is the hinge joint that connects the foot to the leg. It is formed by three bones - tibia, fibula and talus. The management of a fractured ankle is determined by

- fracture stability
- if the ankle joint has been damaged
- if the connection between the tibia and fibula has been disrupted

Muscles are anchored to the bones with tendons. A common fracture is an avulsion fracture which is caused by strong muscle contractions which pulls the ligament or tendon free with a small piece of bone.



Non-Operative Management

Ankle fractures can be stable and require a length of time being immobilised. This can be done with either a short leg cast or a walking/moon boot. Weight bearing is determined by the fracture location and severity. The boot can be sometimes removed for bathing however, no weight should be placed through the foot when removed.

Operative / Surgical Management

If there is significant angulation at the fracture or change in sensation or blood supply below the fracture site, this may require procedural sedation, to reduce the fracture, and allow placement in a cast for immobilisation.

Surgical care may be required if the fracture does not reduce under procedural sedation or if the fracture has significant complexity; instability; or there is significant deformity within the joint. *Access Ortho* will arrange surgery if required.

Period of immobilisation / Rehabilitation

Guided upon the location of fracture, stability and initial management, the period of immobilisation may be between 6-8 weeks. Rehabilitation is usually not required, however contact activities should be avoided for a further 6-12 weeks after the cast is removed.

Disclaimer: Individual care of the patient, may vary to the above description. Depending upon the patient's individual circumstances; history, examinations; care is based on physical examination, investigations and agreed treatment goals.

Orthobullets (2019) *Ankle Fractures*; Better Health Channel – Vic Health (2019) *Bone Fractures*

[LINK TO OUR WEBSITE](#)

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