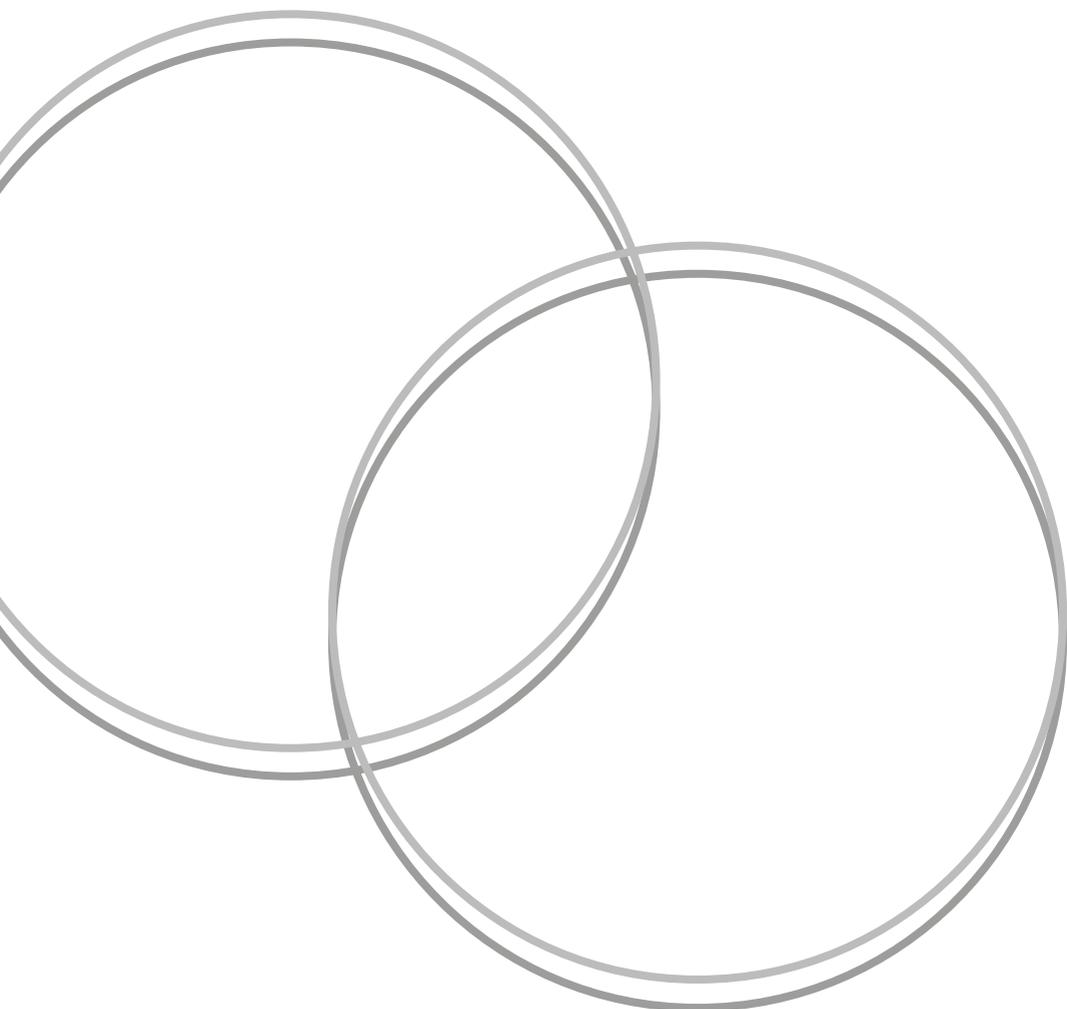




Oxford University Hospitals
NHS Foundation Trust

Avulsion Fracture of the Talus

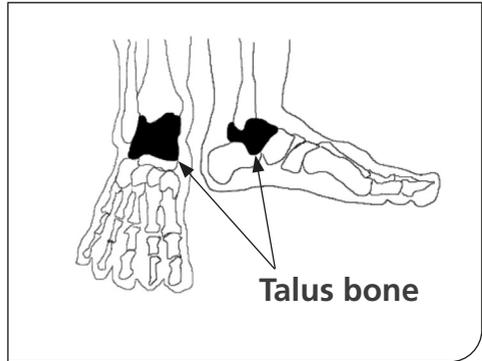
Information for patients



What is an avulsion fracture to the talus?

The talus is a bone in your ankle that meets the tibia and fibula to form the ankle joint.

Sometimes a small section or flake of bone can be pulled off where the ligaments attach to the talus bone when your ankle is injured. This is called an avulsion fracture.



Avulsion fractures to the talus are minor fractures or breaks and are stable, so you won't need a plaster cast, but you might be given a supportive splint to wear whilst walking.

They are treated in the same way as an ankle sprain.

These small avulsion fractures can take 6 to 8 weeks to heal completely, but you may notice swelling to the ankle for up to 6 months later. You may notice this more in the evening, after a lot of walking. These symptoms will get better with time and healing will take place more rapidly if you follow the advice in this leaflet.

Management of your injury

You may walk on your foot as much as your pain allows. It is important to move your ankle and start walking normally (without a limp) as soon as you are able.

Pain relief

Take regular painkillers, to help you move more easily and gently exercise your injured limb. Paracetamol is ideal. If paracetamol does not help, you may need a stronger painkiller, such as codeine. Codeine is only available on prescription; however, you can buy a combination of paracetamol with codeine over the counter of any pharmacy. Please speak to the pharmacist for extra advice and tell the pharmacist if you are taking other medications.

Please read and follow the dosage instructions on the packet carefully. If you require a stronger pain relief, please contact your own GP for a prescription.

Rest

Rest your injured limb for the next 24 to 48 hours, with your foot elevated (raised). Continue to gently move your injured ankle, to prevent stiffness.

In the first 2 weeks after the injury avoid activities that put a lot of stress on your ankle, for example prolonged walking.

It is advisable only to return to active sports when pain free.

Cooling

You can apply ice to the swelling in your ankle for up to 20 minutes every two hours, for the first 24 to 48 hours. A bag of frozen peas wrapped in a tea towel is ideal. Do not apply ice directly to your skin, as this may cause a cold burn.

Elevation

Your leg should be elevated (raised) whilst resting, to help reduce the swelling. This means that your ankle should be at a higher level than your heart. Avoid having long periods of time when your leg is not rested. It is important you elevate your ankle as much as possible for the first 48 hours. This will help reduce any ankle swelling.

You may notice the swelling is worse towards the end of the day.

Exercises

It is important to move your ankle and start walking normally (without a limp) as soon as you are able.

You may walk on your ankle as much as you can manage. Stop and rest if it becomes to painful.

It is important to regularly move the ankle when resting to ensure that ligaments within the joint do not get stiff.

The ankle can be gently moved in a circular movement when at rest. At first you might get pain with these movements. If this happens, stop when you feel the pain, but gradually over time you will be able to move the ankle more without it becoming painful.

Do not return to sport until you are pain free.

Stopping smoking

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

How to contact us

If you continue to have pain 8 weeks after your injury, despite taking regular painkillers and caring for your injury as advised, or if at any point you are worried your injury is not healing, please contact the New Patient Clinic for an appointment.

Useful telephone numbers:

New Patient (Fracture) Clinic at:

John Radcliffe Hospital, Oxford

Monday to Friday, 9.00am to 5.00pm

Saturday and Sunday, 9.00am to 11.00am

Telephone: **01865 220 217**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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