

Ankle Weber A or avulsion fracture

You have a fracture of the ankle (weber A) or a "pull-off" fragment of one of the bones in your foot (avulsion fracture). These fractures are similar to a torn ankle ligament and are treated similarly.

Summary

- You have a fracture of the ankle or a small 'pull-off' fragment of one of the bones in your foot.
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- It is important that you keep your ankle elevated as much as possible during the first week, this will reduce the swelling.
- Wear the brace as soon as the swelling has sufficiently decreased. After three weeks, try wearing the brace less often, if your pain allows you to do this.
- You can find exercises for your ankle in the folder or in the app.
- If you have any questions, or are experiencing problems with your recovery, you can call the fracture hotline on workdays from 8:30 AM – 4:00 PM.

Treatment

A Weber A or avulsion fracture of the ankle is a common injury. The fracture is treated with a tubigrip (an elastick sock) and an ankle brace. You can buy or rent crutches at the hospital.

0-1 week

this (usually after 3-4 days).

1-3 weeks

ankle elevated.

3-6 weeks

- Try wearing the brace less often, as soon as your pain allows this.
- Start walking on sturdy shoe, without crutches
- Start with exercises

After 6 weeks

- You may start sports. It may take 3-6 months to do this properly.

Instructions

Follow these instructions for a good recovery.

- You can combine wearing the ankle brace and a sturdy shoe, for example a shoe used for hiking or sneaker. You can stand on the foot as long as the pain allows you to do this. Keep in mind that you may feel pain during the first few steps. This should lessen after a few steps.
- You can gradually reduce the use of the brace after 3 to 6 weeks. You can find instructions on how to reapply the brace in the app.
- It is important to elevate your ankle. Does the brace feel more tight? Elevate the ankle, for example, by putting it on a chair. The swelling will reduce, and the pressure and pain will decrease.
- The fracture is close to the joint. Start moving the ankle as soon as possible, to prevent the ankle from getting stiff. You can find exercises in the app or in the information folder. You can do this by:
 - Moving the ankle at rest, exercises are in the app
 - Walking, building up with the help of crutches
 - If the pain allows, you may start riding your bike slowly from week 3. It is important not to do the exercises if your pain does not allow this.
- For the first six weeks, you should not practice any sports. After six weeks, you may start sports if your pain allows you to do this. You can wear a brace during sports if necessary.
- Are you in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until the pain is too much.

Recovery

- This type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is not necessary.
- Physiotherapy is not necessary. If you are not satisfied with the function of your ankle after 6 weeks, you can contact a physiotherapist. The app contains exercises to recover better.
- Does the pain increase, or does it not improve? Please contact the "{{{Naam_Breuklijn}}}" (fracture hotline).

Reapply the brace

If you have taken the brace off, for example to shower, the video below shows you how to put it back on correctly. Please note: there are different ankle braces. Below are two commonly used braces. Watch the video of the brace that is most similar to yours.

Applying ankle brace:

<https://www.youtube.com/watch?v=QuJGsyVapUo>

Applying lace brace:

<https://www.youtube.com/watch?v=rTCHN5-81Cs>

Exercises

After a fracture of your ankle, stiffness, loss of strength and loss of coordination may occur. The following exercises can be performed to support your recovery.

When to start and what to do

You can start doing exercises after three weeks. Start with non-weight bearing exercises. This means that you perform exercises without standing on your foot. When you are able to successfully perform these exercises, you can start with weight-bearing exercises. Only exercise as pain allows.

Follow the instructions below:

- Perform the exercises at least 3 times per day
- Repeat each exercise 10 to 15 times
- Build up gradually, taking rest if necessary after doing exercises by putting the leg back up high.
- you can perform the exercises in warm water if preferred

Non-weight bearing exercises

Watch the videos in the Virtual Fracture Care app – under folder: ‘Ankle: Weber A or Avulsion fracture’

Move foot unloaded in all directions:

<https://www.youtube.com/watch?v=tzW65jY6Rrk&feature=youtu.be>

If the ankle is very stiff and you do not get far enough, you can help the ankle by pulling the toes toward you with a stiff scarf

Weight bearing exercises

Extend the exercises on advice and when the pain allows this.

Knee bending and stretching:

<https://www.youtube.com/watch?v=rIMqNnZlyU4>

note: the heel should not come off the ground

Stretching exercises standing:

<https://www.youtube.com/watch?v=16qdo-KG2us>

Standing and walking on heels and toes:

<https://www.youtube.com/watch?v=LizeMljaZFk>

Knee bending with one leg with and without support:

<https://www.youtube.com/watch?v=HWrPw5xvcis>

Watch the videos in the Virtual Fracture Care app – under folder: ‘Ankle: Weber A or Avulsion fracture’

Questions?

You can call us

If there are any questions after reading the information, please contact us or www.mijnantoniuss.nl

Contact

Fracture hotline: T 0515 48 8586 (workdays from 8:30 AM – 4:00 PM)