

# Ankle Fracture (Weber type A)

This leaflet offers more information about your Weber type A ankle fracture.

If you have any further questions or concerns, please speak to the staff member in charge of your care.

## What is a Weber type A ankle fracture and why have I got one?

The different places where your ankle can fracture are described as different Weber types.

You have a Weber type A fracture at the end of the bone around your ankle (the fibula). This kind of fracture normally heals well without any problems and usually the ankle joint is not affected.

## What are the signs and symptoms?

Your ankle may be swollen, bruised and may hurt if you stand on it.

## Do I need any tests to confirm the diagnosis?

Sometimes X-rays may be needed to confirm the diagnosis and to guide your treatment.

## What treatments are available?

Sometimes an elasticated bandage (Tubigrip) is enough support or your fracture may need to be protected by a walking boot. You may also need crutches if you are finding it hard to walk.

## What happens if I do not get treatment?

It is important that we check your ankle to make sure there are no other injuries.

## Is there anything I can do to help myself?

Try to keep the leg lifted up (elevated) for the first couple of weeks when you are not using it.

You should also use painkillers as needed.

Follow the instructions you have been given and discuss with your doctor if you feel anything is not right with your ankle as it heals.

You should feel more comfortable after three or four weeks and after six weeks you should be able to remove the boot.

If your fracture has not healed properly and continues to be painful, you may need some physiotherapy. We will discuss this with you if you need it.

Contact the hospital straightaway if you have any pain or swelling in your calf as this may mean you need to be checked for a clot or Deep Vein Thrombosis (DVT) in the leg.

You will also be assessed for the risk of developing a DVT at your clinic appointment.

## Contact us

If you have any questions or concerns about your Weber type A ankle fracture, please discuss them with your surgeon or nurse practitioner at your clinic appointment or contact the fracture clinic on 020 8672 1255 (Monday to Friday, 9am to 5pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit**

**[www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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