

Weber A/distal fibula avulsion fracture

Information and exercise sheet



What is a weber A/distal fibula avulsion fracture?

Weber A and distal fibula avulsion fractures are the most common type of ankle breaks.

They are small breaks in the bone on the outside of your ankle. These fractures occur below where the ankle joint moves. They are stable fractures that rarely require surgery. The fracture will heal over approximately 6 weeks.



Image credit: www.radiologymasterclass.co.uk

What to expect

You will be fitted with a boot to help with your recovery. You need to wear the boot for 6 weeks. The boot will support your ankle while still allowing you to walk. As your ankle bone heals, your pain and swelling will get better. You may be given crutches or a walking aid to help with your walking.

After you have been fitted with your boot, it should be worn:

- at all times
- at all times, only remove for personal care
- at all times, only remove for exercises, personal care and sleeping.

Your health professional will advise you how much weight you can put through your leg:

- non-weight bearing - 0% of body weight through affected limb
- touch weight bearing - less than 10% of body weight through the affected limb
- weight bear as tolerated - you can place 100% of your body weight through the effected limb.

Boot care and warnings

Wearing a long sock will help to stop your sweat soaking into the fabric of the boot which can become smelly.

Use the padding provided with the boot if there are any areas causing pressure to your foot, ankle or leg. See your health professional if you are concerned about the fit of your boot.

When you can return to driving

Automatic car:

- if your left ankle is fractured - immediately
- if your right ankle is fractured - 6 weeks after injury provided you no longer need to wear the boot AND the right leg has enough strength to perform an emergency stop.

Manual car:

- 6 weeks after injury provided you no longer need to wear the boot AND the right leg has enough strength to perform an emergency stop.

What can you do to help your recovery?

✓ DO R.I.C.E

To help with your recovery, it is best to follow the 'RICE' principle. Do this over the **first 3-7 days**.

- **Rest:** avoid activities that significantly increase your pain.
- **Ice:** cooling an injury helps to reduce both pain and swelling. Apply ice or a cold pack to the injury for 20 minutes every 2 hours when awake. Wrap ice or a cold pack in a tea towel to protect your skin and remove it if it is too cold, to prevent ice burn.
- **Compression:** apply with tubigrip, a wrap bandage or compression stocking. Ensure the bandage does not increase pain or restrict blood flow. Monitor for new colour changes, discolouration of the toes, new pins and needles and numbness.
- **Elevate:** your leg as much as possible during the day.



✗ AVOID H.A.R.M

To help with your recovery, avoid 'HARM' for the **first 7 days**.

- **Heat:** increases blood flow and swelling to the ankle.
- **Alcohol:** increases blood flow and swelling. You may also be more likely to reinjure the ankle.
- **Re-Injury:** protect your ankle until it heals adequately. Avoid sports until advised by a health professional.
- **Massage:** can slow the healing if it is started too early.

Pain management

Pain relieving medicine may also be recommended in the early phases of recovery. Ask your health professional for further advice.

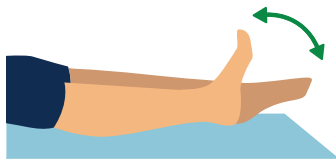
Exercises

Complete the exercises below if advised by your health care professional.

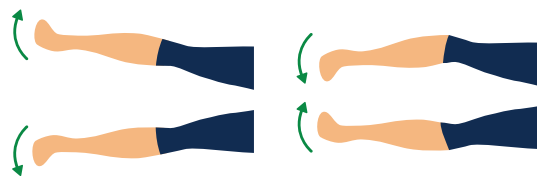
Exercises can help with your recovery by reducing swelling and ankle stiffness. Start these exercises **after 3 days**. Gently perform the following exercises **4 times a day**:

Ankle movement

Point your foot up and down as comfortable to do so, **repeat 10 times**.

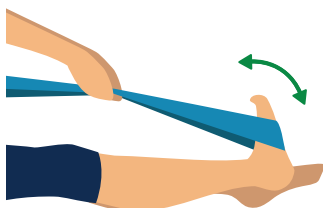


Keep your leg still and turn your feet toward each other then away, **repeat 10 times**.



Calf stretch

Use a towel to stretch your foot towards you, **hold for 10 seconds, repeat 3 times**.



Follow up

It is important to attend recommended follow up appointments to guide your healing and recovery.

These appointments may include:

- General Practitioner (GP or doctor)
- Orthopaedic or fracture clinic
- Outpatient hospital physiotherapy
- Private practice physiotherapist.

Other advice:

Seeking help

Please see a health care professional or attend your nearest emergency department if you develop any of the following symptoms:

- neurovascular concerns - constant tingling and numbness, changes of colour to the lower limb, worsening and unmanageable pain
- signs of infection - redness, heat, swollen, fevers, unwell
- signs of blood clot (deep vein thrombosis or pulmonary embolism): pain/tender calf, swelling of the leg, leg feels warm, shortness of breath, coughing blood, dizzy, chest pain, racing heart.

For other general medical problems see your local doctor or healthcare professional. **13 HEALTH (13 43 25 84)** provides health information, referral and teletriage services to the public in all parts of Queensland. It is available 24 hours a day, 7 days a week, 365 days a year for the cost of a local call. In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).