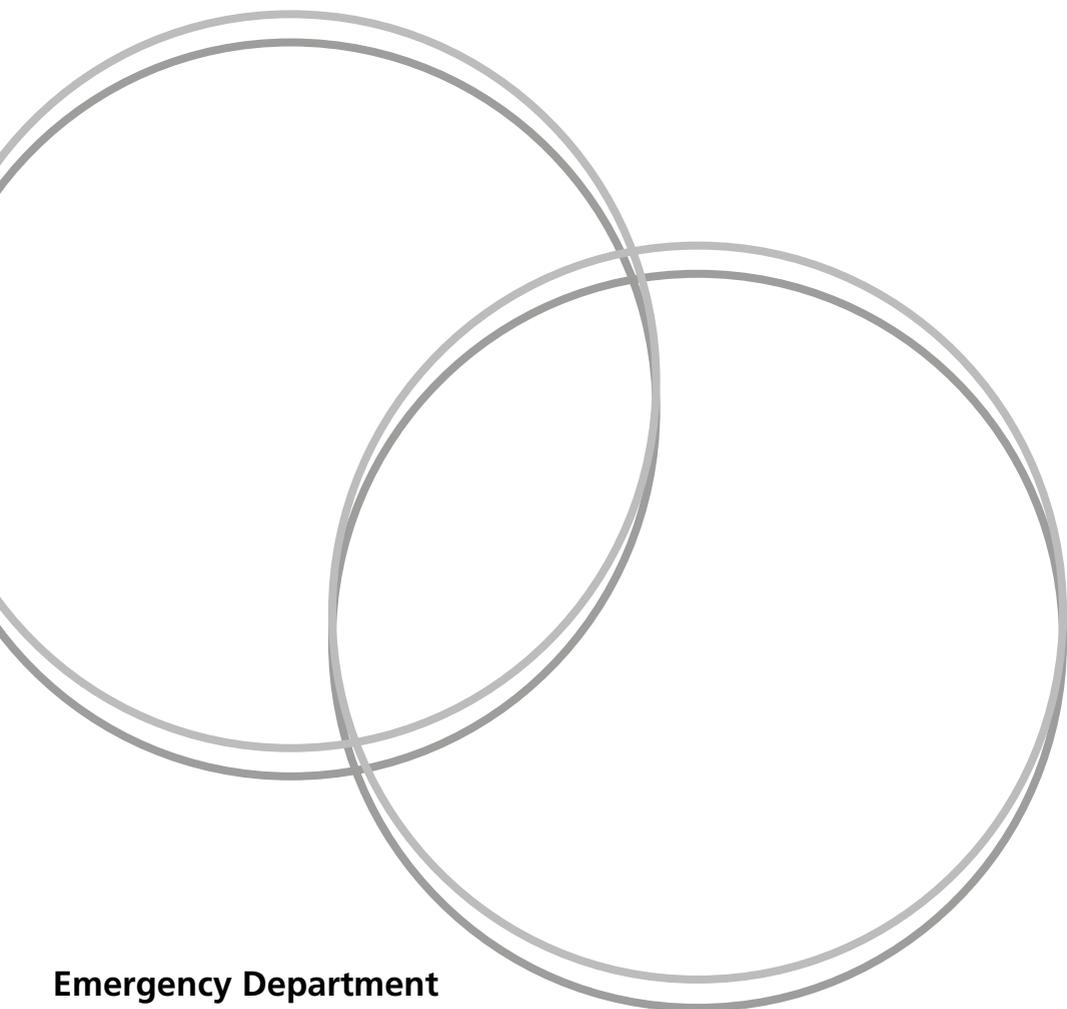




Oxford University Hospitals  
NHS Foundation Trust

# Weber A fracture

**Information for patients**



**Emergency Department**

## **What is a Weber A fracture?**

This is a small break (fracture) of your ankle. There are many different types of fractures of the ankle. A Weber A is a simple fracture to the bottom part of the fibula (bone on the outer part of your leg). Fortunately, your fracture is minor and does not require an operation or plaster cast to treat it successfully.

You will be given a special ankle support, which can be worn over your socks. You can also wear normal, supportive flat shoes. The ankle support should be worn at all times when you are active, for four weeks. It can be removed at night.

Crutches can be provided for support, if required. However, it is important that you do put some weight through the joint with crutch support, to help strengthen the ligaments.

# Management of your injury

## **Painkillers**

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.

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 - 48 hours, with your foot elevated (raised up). Continue to gently move your injured ankle, to prevent stiffness.

## **Ice**

You can apply ice to your ankle for up to 20 minutes every two hours, for the first 24 - 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 while 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. The use of compression bandages to reduce swelling is not recommended.

## Exercises

It is important to move your ankle and to start walking normally (without a limp) as soon as you are able. Wear flat shoes that support your foot and be careful on uneven ground. Exercises will strengthen the muscles around your ankle, providing added support to the joint. A leaflet explaining these exercises is available.

## Feedback

If you would like to tell us anything about your experience in the emergency department, please speak to the nurse in charge. Alternatively you can contact the patient advice and liaison service (PALS)

Email: **PALS@ouh.nhs.uk**

Call: **01865 221 473**  
**01295 229 259**

You can also email: **feedback@ouh.nhs.uk**

For more information, please visit **www.ouh.nhs.uk**

## How to contact us

If you continue to have pain eight 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.

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

Tel: **01865 220 217**

OR

### **Horton General Hospital, Banbury**

Monday to Friday, 9.00am to 11.00am

Tel: **01295 229 606**





## 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  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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