

## **Web-only Appendix**

### **Questionnaire**

Please could you complete the questionnaire below regarding the usual treatment and immediate care and advice of ligamentous ankle injury in your department at the first presentation. This does not include any treatment that may be initiated at a return visit.

**Thank you**

**Scenario:** A 40 year old rugby player has just injured his ankle today. It is bruised and very swollen over the lateral ligament. There is no apparent instability but any ankle movement is very painful. He cannot weight bear. The x-ray shows no abnormality.

	<b>most cases</b>	<b>Selected</b>	<b>Rarely</b>	<b>Never</b>	<b>Comments</b>
	<b>&gt;90%</b>	<b>cases</b>	<b>&lt;10%</b>		
Ice					
Elevation					
Tubigrip					
Crutches					
Walking Stick					
Absolute Rest					
Ankle exercises:					
Commence weight bearing					
POP cast					
Bledsoe type boot					
Flexible cast e.g. Scotch wrap					
Elastoplast strapping					
Crepe Bandage					
Physiotherapy					
NSAID tablets					
NSAID gel					
Aircast type splint					
Do you use MRI scans to guide your early treatment?					
If you advise rest, how long do you usually suggest?					
When do you advise to start weight-bearing					
When do you advise to start non-weight bearing exercises					
If you use any other type of strapping or support, please specify					
If you use POP, boot or ankle brace, at what stage do you fit it					
If you have an advice leaflet or written guidelines, please could you send a copy.					

## **FOLLOW UP**

---

	<b>most cases</b>	<b>selected</b>	<b>rarely</b>	<b>never / not</b>
	<b>&gt;90%</b>		<b>&lt;10%</b>	<b>available</b>
A&E clinic				
General fracture/orthopaedic clinic				
physio run clinic				
sports clinic				
specialist ankle clinic				

---