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.

<table>
<thead>
<tr>
<th>most cases</th>
<th>Selected cases</th>
<th>Rarely cases</th>
<th>Never</th>
<th>Comments</th>
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<tr>
<td>&gt;90%</td>
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<td>&lt;10%</td>
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- 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**

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<tr>
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<th>most cases</th>
<th>selected</th>
<th>rarely</th>
<th>never / not available</th>
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<td>General fracture/orthopaedic clinic</td>
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