



Information for Consumers - Ankle Injury

This article tells you about ankle injury, including what imaging tests you may need to have.

What is an ankle injury?

Ankle injuries are usually caused by twisting or rolling your ankle and often happen on uneven ground. The most common type of ankle injury is a sprained joint. This is where the ligaments, muscles, tendons, have been torn or stretched. Sometimes an ankle injury can also include a broken bone in the ankle.

Diagnosis

Your doctor will discuss the signs and symptoms of your ankle injury. Your doctor will request an x-ray if:

- he/she thinks a fracture may be causing your ankle pain
- your pain does not get better with simple treatment measures

Depending on your x-ray, your doctor may request a CT scan, ultrasound, or MRI to help decide what type of treatment you need.

Results

A radiology doctor will look at your scans and write a report for your doctor.

Further information

For more detailed information, please access InsideRadiology at: www.insideradiology.com.au

This is a resource produced especially for consumers by the Royal Australian and New Zealand College of Radiologists: www.ranzcr.edu.au

A guide to gathering information that you may need for making informed decisions is published by the Consumers' Health Council of Australia at: <https://chf.org.au>

If you would like to look at other relevant articles, please access the following

- [Plain x-ray](#)
- [CT scan](#)
- [Ultrasound](#)
- [MRI scan](#)

Or access the Diagnostic Imaging Pathways website at:
www.imagingpathways.health.wa.gov.au/index.php/consumer-info



Or if you have questions or require any other information please contact your Doctor.

Consumer participation

This information has been reviewed by representatives from the following groups:

- Aboriginal people
- People with disabilities
- Seniors
- CALD (Culturally and Linguistically Diverse)
- The Health Consumers' Council

Feedback

All feedback, comments and suggestions regarding consumer information at Diagnostic Imaging Pathways are welcome. Please direct them to the following email address: dipfeedback@health.wa.gov.au

Disclaimer

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