



## 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](http://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](http://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](http://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](mailto:dipfeedback@health.wa.gov.au)

## Disclaimer

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