

PATIENT

Jordan Ellis

Born 4 Feb 1990

MRN 0000-6605

Left ankle, review at two weeks

SEEN BY	DATE	TYPE
Dana Kohl, NP	3 June 2026	Follow-up, 15 min

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Subjective

Reports the ankle is "about seventy per cent". Walking on the flat without a limp, still cautious on stairs and has not tried running. Pain is now only at the end of the day and does not wake him.

Has been doing the exercises most days. Stopped the ibuprofen after the first week because he did not feel he needed it. **No new injury and no giving way.**

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Objective

Mild residual swelling over the lateral malleolus, no bruising remaining. Full weight bearing. Inversion is limited by discomfort at about eighty per cent of the other side; dorsiflexion is full and symmetrical.

No bony tenderness over either malleolus or the fifth metatarsal base. Anterior drawer negative.

SWELLING	WEIGHT BEARING	INVERSION	DRAWER TEST
Mild	Full	80%	Negative

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Assessment

Grade II lateral ligament sprain, healing as expected at two weeks. No feature suggesting a missed fracture and no indication for imaging on the Ottawa rules today or at the first visit.

Recovery is on track. The limitation is now stiffness and confidence rather than injury.

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Plan

- 1

Continue the exercises daily; add single-leg balance work, thirty seconds each side, three times a day.
- 2

Return to running in week four, starting on the flat and alternating walk and run.
- 3

No further analgesia needed. Ibuprofen as required only if the end-of-day pain returns.
- 4

Review only if not back to normal by six weeks, or sooner if it gives way.
- 5

Fit note not required; patient is working and has not been off.
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|----------|----------|---------------|----------|
| CODED AS | REVIEW | IMAGING | REFERRAL |
| S93.4 | PRN, 6wk | Not indicated | None |

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Safety net

Advised to return, or to attend urgent care if the practice is closed, for any of: sudden inability to weight bear, new numbness or coldness in the foot, or calf pain and swelling.

Explained that a sprain of this grade is usually fully recovered by six to eight weeks and that stiffness for longer than that is common and not a complication. **Patient could repeat the advice back and was satisfied with the plan.**

ENTERED BY
Dana Kohl, NP

3 June 2026, 11:42 · Entered at the time of the consultation and not amended since. Any later addition appears as a separate dated entry rather than a change to this one.