South London Foot Clinic

YOUR PRACTICAL FOOT HEALTH GUIDE

Ankle pain. Find your next step.

Supportive shoes, manageable movement and a clearer route back to what you enjoy.



MAKE YOUR NEXT STEP A MORE CONFIDENT ONE

When a sore ankle cuts a walk short or makes you miss the sport you love, even small improvements matter. Start with practical changes, then ask for help if your ankle is not settling.

Ready to talk? Ask the clinic about an appointment with Peter

52 Honor Oak Park, London / 0203 918 1322

01 / UNDERSTAND YOUR NEXT STEP

Three things worth knowing.

1 Start with stable footwear

Choose comfortable, well-fitting shoes that feel secure and support your foot. Avoid shoes that rub, wobble or make symptoms worse. Reduce time on your feet if it aggravates pain.

2 Keep moving within comfort

If you can walk comfortably and symptoms are improving, keep up manageable activity. Ease back if pain or swelling increases. A gentle calf stretch may help stiffness; see the next page.

3 If it persists, get it assessed

Book a foot and ankle assessment if pain is not improving, keeps returning or stops normal activities. Tell Peter about old injuries, swelling, giving way and the things you want to do again.

WHEN TO SEEK HELP

Cannot bear weight or walk, or heard a snap or pop? Contact NHS 111 for urgent assessment; do not wait for a routine booking. Severe pain, deformity or a hot, red ankle with fever also needs urgent medical advice.

02 / EASE INTO MOVEMENT

A gentle calf wall stretch.

For mild, improving symptoms only. Skip this after a sudden injury, a snap or pop, or if you cannot bear weight. Ask for advice if you are unsure.



Demonstration image. Keep the rear heel down; do not force the stretch.

Hands on the wall. Put the leg to be stretched behind you, knee straight and heel flat. Bend the front knee and lean gently towards the wall until you feel a mild calf stretch.

Start with a short, comfortable hold. Do not bounce. Stop if it hurts your ankle or heel, or leaves symptoms worse afterwards. Stretching is not right for every cause of heel pain.

Pain relief: medicines do not replace assessment or a recovery plan. Ask a pharmacist or clinician what suits you; do not use pain relief to push through an injury.

03 / YOUR PERSONAL CHECKLIST

Make it about you.

A few notes can make your appointment more useful. Print this page or keep the same prompts on your phone.

1 When did it start, and have I injured this ankle before?

Your notes

2 What activity or footwear makes it better or worse?

Your notes

3 What would I most like to get back to doing comfortably?

Your notes

Bring your questions.
We can help with the next step.

Bring this page and tell us what matters most to you.



04 / LET'S TALK

Your questions. A clearer next step.

An assessment with Peter Gauntlett or the clinic team can help you find out why your ankle hurts and agree a practical plan to move more comfortably.



Peter Gauntlett / Podiatrist

Tell us what you want to understand, what you have tried and what you would like to do more comfortably.

Three questions to bring

01 What is causing my ankle pain, and would imaging help?

02 Which changes or exercises are suitable for me now?

03 How will we review progress and my return to activity?

Book an assessment

Prefer to talk first? Ask about seeing Peter or call 0203 918 1322. Appointment availability varies.

52 Honor Oak Park, London SE23 1DY

READ MORE / SOURCES

NHS: Ankle pain
CUH NHS: Calf stretching and tendon advice
Clinic: Ankle pain

November 2026 / General information, not a diagnosis or individual treatment plan.