

Ankle Sprain

PHASE 1

Phase 1 is over when these exercises are easy. Do all 7 (skip any that cause pain):



1. Alphabet Writing:

Pretend there is a pen between your big toe and second toe. Use that imaginary pen to write the alphabet in large letters. Repeat 2 times.



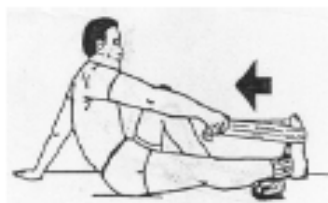
2. Ankle Circles:

Do clockwise and counterclockwise. Repeat 10 - 20 times each way.



4. Inversion/ Eversion:

Bring foot in and out to the side (most important out). Repeat 10-15 times, 3 sets.



5. Heel Cord Stretch:

Using a towel around your foot, pull foot towards your body. Hold 15-30 seconds. Repeat 2 times each side.



6. Towel Slide:

Bring the foot on the towel towards the outside. Hold 1 second. Repeat 3 x 10-15.



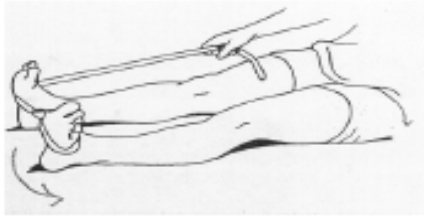
7. Towel Scrunching:

Use your toes to scrunch up a towel (brown towel works well). Do 3 x 30 sec.

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PHASE 2

Do all 6 (skip any that cause pain):



1. Eversion:

Put tubing around both ankles as pictured and push injured ankle out and slightly upward to the side (away from opposite ankle). Do 3 sets of 10-15 reps.



2. Dorsiflexion:

Hook band to bottom of bed or have someone hold to provide resistance against bringing your foot up towards you. Do 3 sets of 10-15 reps.



3. Inversion:

Cross uninvolved ankle over the involved one and with the tubing around both, bring foot inwards. Do 3 sets of 10-15 reps.



4. Seated Heel Raise:

Raise the weight of your leg off of your heel while being seated. Do 3 sets of 10-15 reps.



5. Calf Stretch (Gastrocnemius)

Keeping back leg straight, with heel on the floor and turned slightly outward, lean into wall until a stretch is felt in the calf. Hold 15-30 seconds. Repeat 2 times, each leg.



6. Calf Stretch (Soleus)

Standing with both knees bent and involved foot back, gently lean into the wall until a stretch is felt in the lower calf. Hold 15-30 seconds. Repeat 2 times, each leg.

Disclaimer: The following resources have been made available to you by the 25th ID. Please use extreme caution when performing exercises as the potential for increased pain, bodily injury, or even death does exist. If in doubt, please seek further medical attention to avoid any problems. These resources are only guides and are not a prescription of any kind.