

## Acute Ankle Sprain Home Exercise Program

STEP 1



STEP 2



### Long Sitting Calf Stretch with Strap

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

#### Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

#### Tip

Make sure to keep your knee straight during the stretch.

STEP 1



STEP 2



### Gastroc Stretch on Wall

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

#### Setup

#### Setup Directions

#### Movement

Begin in a standing upright position in front of a wall.

#### Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

STEP 1



STEP 2



### Seated Anterior Tibialis Stretch

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin sitting upright on the edge of a chair with both feet flat on the floor.

#### Movement

Bring one foot backward under the chair and place the top of your toes on the ground. Gently press the top of your foot toward the ground until you feel a stretch in the front of your leg. Hold this position.

#### Tip

Make sure to keep your back straight and hips facing forward during the exercise.

STEP 1



STEP 2



### Standing Heel Raise with Support

REPS: 20 | SETS: 1 | HOLD: 1 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

#### Movement

Slowly raise your heels off the ground as far as you can, then lower them back to the floor and repeat.

#### Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.

STEP 1



STEP 2



### Single Leg Stance

BALANCE: 1 | DAILY: 2 | WEEKLY: 7

Try to balance on sprained ankle as best you can. Do in front of counter or back of chair to help with balance as needed. Work up to balancing for 1 minute and do 2 sets

#### Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

#### Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

#### Tip

Try not to move your arms away from your body or let your weight shift from side to side.

## Acute Ankle Sprain



### Side of Foot: Ankle Sprain Injury Mechanism

Most ankle sprains are caused by rolling your foot inward. This is called a lateral ankle sprain, or an inversion sprain. It occurs when the ligaments on the outside of your ankle are stretched too far or torn.

The ligaments most often affected in a lateral ankle sprain are the posterior talofibular ligament, the calcaneofibular ligament, and the anterior talofibular ligament.

Ankle sprains may take from 6 weeks to several months to heal. In

early treatment, you may learn the R.I.C.E. principle:

**R** is for Rest. Avoid painful activities to give your ankle time to heal. Limit walking and standing while your ankle is painful and swollen.

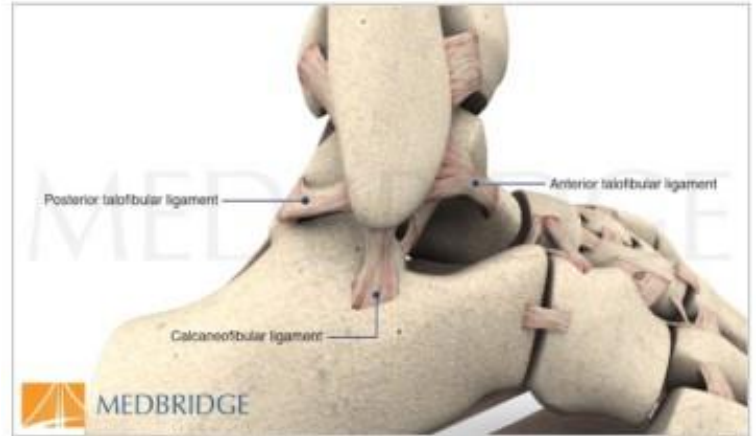
**I** is for Ice. Apply ice for 20 minutes, up to once per hour. Place ice in a thin towel before placing it on your body.

**C** is for Compression. Your provider will show you how to apply a bandage or wrap to decrease the swelling and help the healing process.

**E** is for Elevation. Keep your ankle elevated above your heart as much as possible during the day to help reduce swelling and speed up your recovery.

Early treatment, specific exercises, and bracing can speed up your recovery, decrease your pain, and help prevent reinjury.

Your provider may give you a walking aid or a brace to keep weight off your injured ankle and support it while it heals. You will be given a home program that includes stretching and strengthening exercises to help your ankle recover.



### Side of Foot: Affected Ligaments