

## Ankle Sprain Rehabilitation Exercises

### 1. Towel Stretch



- Sit on a hard surface with your injured leg stretched out in front of you.
- Loop a towel around the ball of your foot and pull the towel towards your body, stretching the back of your calf muscle.
- Hold this position for 30 seconds. Repeat 2 times once a day in the morning

### 2. Standing calf stretch



- Facing a wall keep the injured leg at the back, the uninjured leg forward and the heel of your injured leg on the floor. (You may put your hands against the wall at eye level if you wish)
- Turn your injured foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf.
- Hold for 30-60 seconds. Repeat 2 times, 3 times a day
- When you stand comfortably on your injured foot, you can begin stretching the planter fascia at the bottom of your foot.

### 3. Standing Soleus stretch



- Keep both toes pointing forwards.
- Bend both knees, keep heels on the floor.
- Take most of the weight in your back leg.
- You should feel the stretch in lower back of the leg, just above ankle.
- Hold for 30-60 seconds. Repeat 2 times, 3 times a day.

### 4. Plantar Fascia Stretch



- Stand with the ball of your injured foot on a stair, step or box.
- Reach for the bottom step with your heel until you feel the stretch in the arch of your foot.
- Hold this position for 30-60 seconds and then relax. Repeat 2 times, 3 times a day

## 5. Toe raise



- Stand in a normal weight-bearing position.
- Rock back on your heels so that your toes come off the ground.
- Hold this position for 5 seconds
- Repeat 10 times. Do 3 sets of 10, 2 times a day

## 6. Heel Raises:



- Standing balance yourself on both feet. ( you can use a chair for stability)
- Rise up on your toes, hold for 5 seconds and then lower yourself down.
- Repeat 10 times do 3 sets of 10, 2 times a day

## 7. Single Leg Balance:



- Stand without any support and attempt to balance on your injured leg.
- Begin with your eyes open and then try to perform the exercise with your eyes closed.
- Hold the single leg position for 30 seconds.
- Repeat 3 times, 2 times a day

## 8. Ankle range of motion:



- You can do this exercise sitting or lying down.
- Pretend you are writing each letter of the alphabet with your foot.
- This will move your ankle in all directions.
- Repeat twice, 2 times a day

## Resisted Thera-Band exercises for the lower leg.

### 9. Resisted Inversion



- Sit with your legs out straight and cross your uninjured leg over your injured ankle.
- Wrap the tubing around the ball of your injured foot and then loop it around your uninjured foot, so that the Thera-Band is anchored there at one end.
- Hold the other end of the Thera-Band in your hand
- Turn your injured foot inward and upward.
- This will stretch the tubing.
- Return to the starting position.
- Repeat 10 times. Do 3 sets of 10, repeat 2 times a day

### 10. Resisted Eversion:



- Sit with both legs stretched out in front of you, with your feet about a shoulder's width apart.
- Tie a loop in one end of the Thera-Band
- Put your injured foot through the loop so that the tubing goes around the arch of that foot and wraps around the outside of the uninjured foot.
- Hold onto the other end of the tubing with your hand to provide tension.
- Turn your injured foot up and out.
- Make sure you keep your injured foot still so that it will allow the tubing to stretch as you move your injured foot.
- Return to the starting position.
- Repeat 10 times. Do 3 sets of 10, repeat 2 times a day
- You may now do the following exercises when you can stand on your injured ankle without pain.

### 11. Wobble Cushion



- This exercise is important to restore balance and coordination to your ankle.
- Stand on the wobble cushion
- Balance first on both legs, then on the injured leg
- Do this for 2 to 5 minutes, 2 times a day
- You can hold onto a chair or table for balance if you wish.