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Caring for Your Sprained Ankle

You will have to help your ankle regain its strength with exercise. The simple exercises in this handout can be done in your home or office.

When you begin these exercises, you may have additional soreness - this is normal. Listen to your body and progress from one exercise to the next as your ankle will allow. If the pain becomes excessive and doesn't subside with rest and ice, contact us immediately.

Do each exercise 10 times; repeat 3 times a day (or as suggested by your healthcare professional).

Types of Exercises:

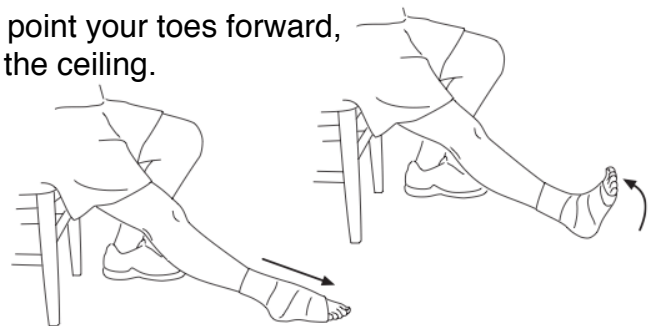
1. Motion - begin these exercises immediately
2. Strength - progress to these exercises when your ankle will permit the movement.
3. Balance - progress through these exercises, letting pain be your guide.

MOTION EXERCISES

- ◆ Motion exercises should be started immediately.
- ◆ Proceed slowly, letting pain be your guide.
- ◆ Do each exercise while seated in a chair.

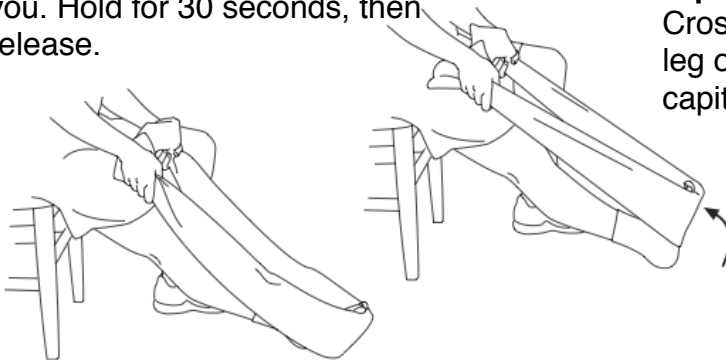
Toe Point

Extend your injured leg and slowly point your toes forward, then slowly point your toes toward the ceiling.



Achilles Stretch:

Wrap a large towel around the ball of your injured foot and straighten your leg. Slowly pull the towel towards you. Hold for 30 seconds, then release.



Alphabet Exercise:

Cross your legs with your injured leg on top. Draw the alphabet in capital letters with your big toe.

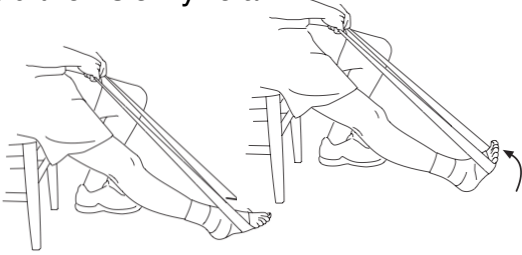


STRENGTH EXERCISES

- ◆ Strength exercises should be started when your ankle will permit the movement.
- ◆ Proceed slowly, letting pain be your guide.
- ◆ Sit in a chair and use the large elastic band when doing these exercises.

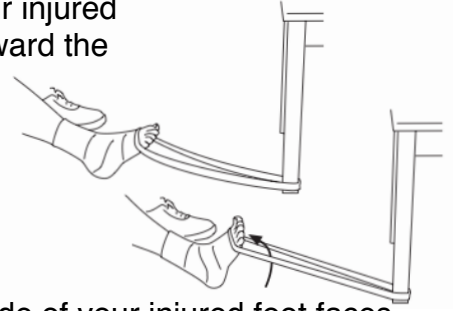
Toe Point:

Wrap the large elastic band around the ball of your injured foot and straighten your leg. Hold the band steady and slowly point your toes forward then slowly relax.



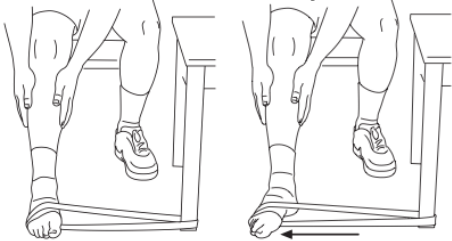
Toe Pull:

Wrap the large elastic band around the leg of a sturdy table or chair. Wrap the free end of the band around your toes and straighten your injured leg. Gently pull your toes toward the ceiling then relax.



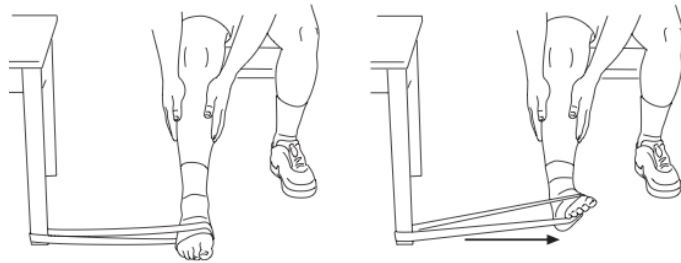
Outward Pull:

Move your chair so that the inside of your injured foot faces the table or chair. Hold your lower leg steady and gently pull your toes away from the table or chair, then slowly relax.



Inward Pull:

Move the chair so that the outside of your injured foot faces the table or chair. Hold your lower leg steady and gently pull your toes away from the table or chair, then slowly relax.

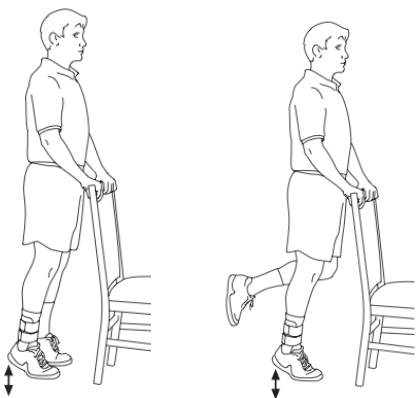


BALANCE EXERCISES

- ◆ Progress through the balance exercises slowly, letting pain be your guide.
- ◆ For each exercise you will have to stand. Use a chair or wall for balance.

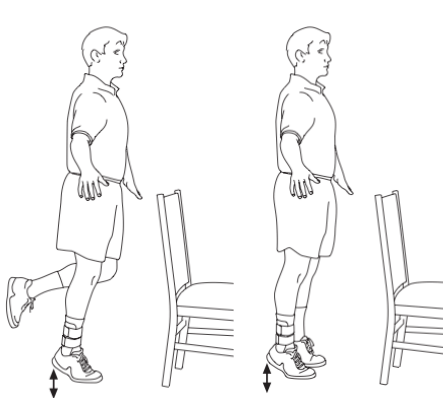
Toe Raises I

Stand on both feet, holding a chair or wall for balance. Slowly move up and down on the toes of both feet. Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.



Toe Raises II

Move away from the chair or wall and stand on both feet. Slowly move up and down on the toes of both feet. Raise your uninjured foot. Slowly move up and down on the toes of your uninjured foot.



Single Leg Stand:

Stand with your injured foot flat on the floor and your other foot raised. Balance for up to 30 seconds. Repeat with your eyes closed.

