

Ankle Sprain Exercises



1. Move your ankle around slowly as if tracing the letters of the alphabet
2. Repeat for letters A through Z
3. Repeat 3 times per day

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Stand with your feet together facing a wall, leaning against it with your arms and back straight.

Let your body drop towards the wall keeping heels on the floor. You should feel the stretching in your calves. Hold approx. 20 secs. - relax.

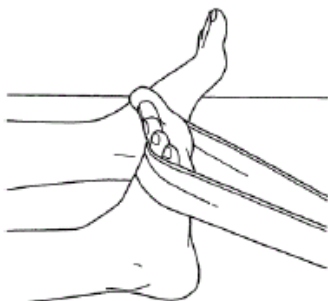
Repeat 3 times.

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1. Begin with foot flat on the floor with towel as shown.
2. Keeping heel on floor, repetitively "scrunch up" towel.
3. Each time you curl your toes equals one repetition.
4. 10 repetitions, 2-3 times per day

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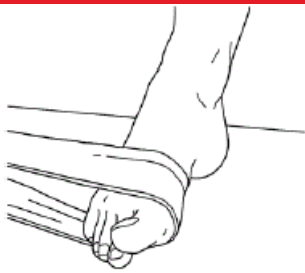


Sit on the floor. Tie a rubber exercise band around the leg of a chair or table, and then put the other end of it around your foot.

Pull your foot up towards your body, and then gently return to the starting position.

Do 3 sets of 10 repetitions.

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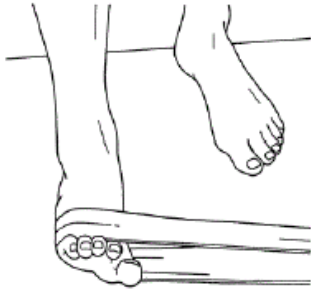


Sit on the floor. Tie a rubber exercise band around the leg of a chair or table, and then put the other end of it around your foot.

Turn your foot inwards as if to look at the sole of your foot.

Do 3 sets of 10 repetitions.

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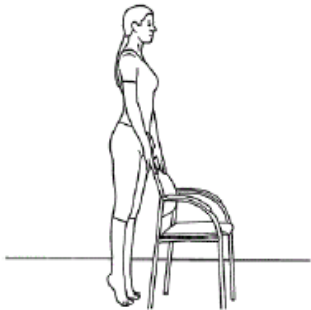


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Do 3 sets of 10 repetitions.

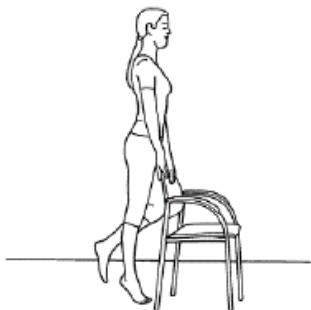
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Stand.

Push up on your toes. Hold for 5 seconds.
Do 3 sets of 10 repetitions.

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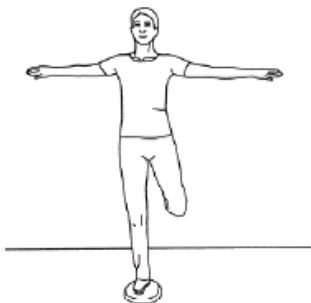


Stand on one leg.

Push up on your toes. Hold for 5 seconds.

Do 3 sets of 10 repetitions.

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Stand on your injured extremity. Try to stand for as long as possible with a goal of one minute without putting your other foot down. Once you get good at this, you can try to stand on one leg with your eyes closed. Always have a safety at your side (a chair or table) to grab if needed. When you get good at this, stand on one leg while someone tosses you a ball.

Repeat 2-3 times.

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