

ANKLE SPRAIN – Phase 1

YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around the ankle as well as improve balance and joint position sense (proprioception) of your ankle. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your injury. The following leaflet includes some exercises to help in your rehabilitation.

GUIDANCE FOR STRETCHING EXERCISES

Hold all the stretches for 20 seconds each and repeat them five times

on each leg. It is important to stretch the uninjured muscles so that both legs reach a similar point of flexibility.

PROGRESSION SPEED

Your therapist will advise you on the speed you should progress on the strengthening/movement control and proprioception progression programme. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. Remember poor practice leads to poor performance and potential strain on your injury. If at any time you feel pain or discomfort stop the exercises and consult your therapist.



HEEL RAISES SITTING

Sit upright on a chair, with your feet flat on the floor. Slowly raise your legs up onto your toes. Hold, and gradually control the movement back down to the starting position. This is a useful calf pump exercise to improve circulation to your lower legs, as well as improving mobility of the ankle joints.

SETS	REPS
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Video:
<http://youtu.be/aujGDka4o8k>

PASSIVE EVERSION WITH TOWEL SITTING



Sitting on a chair, wrap a towel around the arch of your foot. Pull your foot outwards and upwards with the towel, to improve mobility to your ankle. This must not be forced and must be performed within the limits of pain.

SETS	REPS
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Video:
http://youtu.be/9BzLpwBm_l8

PASSIVE INVERSION WITH TOWEL SITTING



Sitting on a chair wrap a towel around the ball of your foot. Pull your foot inwards and upwards with the towel. This will mobilise your ankle. You can also hold the position and create a stretch in the outside lower part of your leg. This must not be forced and must be performed within the limits of pain.

SETS	REPS
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Video:
<http://youtu.be/wFqI2AxI8PQ>

ONE LEG STAND

Stand on one leg, and try to keep your balance. Be careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance. Try to incorporate this into daily chores – stand like this whilst waiting for the kettle to boil or while brushing your teeth. Progress this exercise by closing your eyes and maintaining your balance.



SETS	REPS
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Video:
http://youtu.be/ZLxyh_PEstl

ALPHABET ANKLE SITTING

Sitting bare foot, lift your foot off the floor. Use your toes and ankle to draw letters of the alphabet. Start with “a” and then progress right through the alphabet to “z”. Keep each letter and movement controlled and specific.



SETS	REPS
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<http://youtu.be/foZVMfN2608>

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