

Ankle Home Exercise Program

Sprained ankle describes the condition of stretched or torn ligaments in your ankle. To prevent re-injury, you should perform the following strengthening and balance exercises as instructed by your therapist. Please let your therapist know if you have any questions or an increase in pain with the exercises.

1. Range of motion

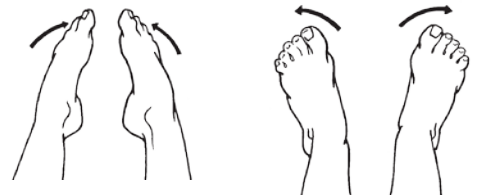
Plantar flexion

Move ankle as far as comfortable in a downward direction.



Dorsiflexion

Move ankle as far as comfortable in an upward direction.

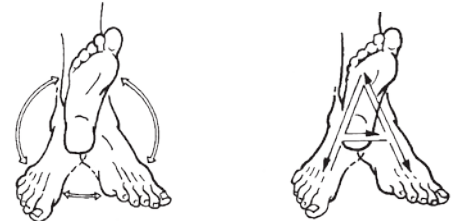


Inversion

Move ankle as far as comfortable in an inward direction.

Eversion

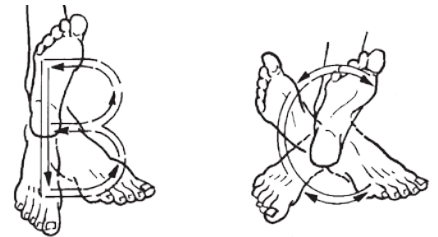
Move ankle as far as comfortable in an outward direction.



Ankle circles / Ankle alphabet

Move ankle in a circular direction clockwise and counter clockwise. Use foot to trace the alphabet.

Perform _____ sets, _____ reps, _____ times/day



2. Calf stretching

Towel stretch

Hold a towel in both hands with middle of towel looped over ball of foot. Pull towel toward you, moving foot in an upward direction until stretch is felt in back of calf.

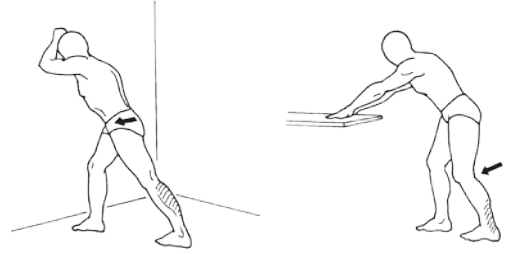
Hold 20 to 30 seconds and relax.

Perform _____ sets, _____ reps, _____ times/day



3. Gastroc-soleus stretch

Stand at arms length from a wall, palms flat against the wall and the leg to be stretched straight behind you. Bend opposite leg and place foot on the ground in front of you. Keep heel of backward leg down and keep arch up, toes curled under. Slowly move your hips forward, keeping back straight until a stretch is felt in back of calf.



Hold 20 to 30 seconds. Repeat three to five times/leg.

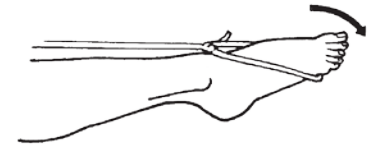
Variation: Perform above exercise with knee bent on the side to be stretched.

Strengthening

4. Resistive exercises with theraband

Plantar flexion

Place theraband over ball of foot holding one end of theraband in each hand. Push foot in a downward direction. Slowly return to starting position.



Dorsiflexion

Tie theraband around table leg or other stationary object. Loop theraband over top of foot and pull in an upward direction. Slowly return to starting position.



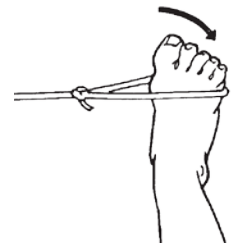
Inversion

Sit in a chair with knee bent, theraband tied to table leg. Loop theraband over foot and pull in an inward direction. Slowly return to starting position.



Eversion

Sit in a chair with knee bent, theraband tied to table leg. Loop theraband over foot and pull in an outward direction. Slowly return to starting position.



Continued

5. Towel scrunch

This exercise will assist in arch strengthening.
Sit in a chair with involved foot resting on a towel.
Curl toes drawing towel in toward the center of the foot while keeping your heel on the floor.

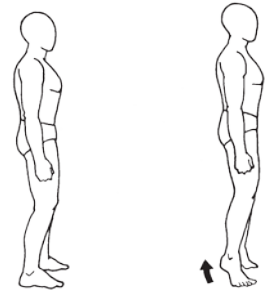
Perform _____ sets, _____ reps, _____ times/day



6. Calf raises

Stand with both feet on the floor and knees slightly bent.
Raise up on both toes, then slowly lower to feet flat position.

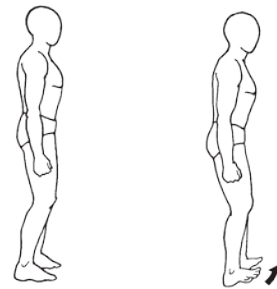
Perform _____ sets, _____ reps, _____ times/day.
Progress to one foot.



7. Toe raises

Stand with both feet on the floor and knees slightly bent.
Lift front of foot off the floor, then slowly lower to feet flat position.

Perform _____ sets, _____ reps, _____ times/day.
Progress to one foot.



8. Balance/proprioception exercises

These exercises will help to retrain your ankle's balancing ability.
Practice standing on one leg with knee slightly bent and your eyes open. When this is achieved with little or no difficulty for one minute, progress to standing on one leg with eyes shut. Progress to dynamic balance activities while standing on one leg, performing a ball toss or using theraband on the opposite leg.

Perform _____ times/day.

9. Balance disc

Stand with both feet centered on balance disc with knees slightly bent, using your hand against the wall to assist with balance. When this is achieved with little or no difficulty for one minute, progress to standing without using your hands. Then, progress to standing with one foot centered on the disc. Start by using your hands for support and progress to not using hands. Progress from carpeted surface to non-carpeted surface.

