



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

ANKLE SPRAIN

Home Exercises

An ankle sprain occurs when the strong ligaments that support the ankle stretch beyond their limits and tear. Ankle sprains are common injuries that occur among people of all ages. They range from mild to severe, depending on how much damage there is to the ligament(s). Most sprains are minor injuries that heal with home treatments, like rest and applying ice. However, if your ankle is very swollen and painful to walk on, or if you are having trouble putting weight on your ankle at all, be sure to see your doctor. Without proper treatment and rehabilitation, a more severe sprain can weaken your ankle—making it more likely that you will injure it again. Repeated ankle sprains can lead to long-term problems, including chronic ankle pain, arthritis, and ongoing instability.

Normal anatomy of the foot and ankle

An ankle sprain is an injury to one or more of the ligaments that stabilize the ankle. A twisting force to the lower leg or foot can cause a sprain. The lateral ligaments on the outside of the ankle are injured most frequently.



Description

Ligaments are strong, fibrous tissues that connect bones to other bones. The ligaments in the ankle help to keep the bones in proper position and stabilize the joint. Sprains can range from tiny tears in the fibers that make up the ligament to complete tears through the tissue. If there is a complete tear of the ligament, the ankle may become unstable after the initial injury phase passes. Over time, this instability can result in damage to the bones and cartilage of the ankle joint.

Symptoms

A sprained ankle is painful. Other symptoms may include:

- Swelling
- Bruising
- Tenderness to touch
- Instability of the ankle—this may occur when there has been complete tearing of the ligament or a complete dislocation of the ankle joint

ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Repeat 20 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day

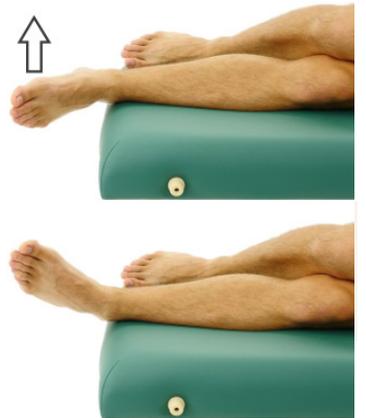


SIDELYING INVERSION

Start by lying on your side with the target ankle on the bottom. You should be lying so that your foot and ankle are off the edge of the bed or table. Next, move your ankle and foot upwards towards the ceiling as shown.

Repeat 20 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day

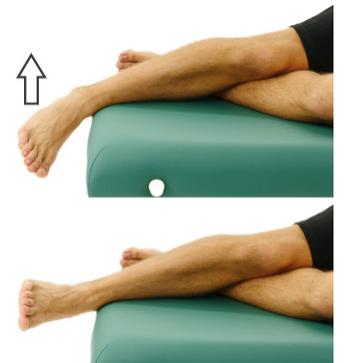


SIDELYING EVERSION

Start by lying on your side with the target ankle on top. You should be lying so that your foot and ankle are off the edge of the bed or table. Next, move your ankle and foot upwards towards the ceiling as shown.

Repeat 20 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day



ANKLE CIRCLES

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction.

Repeat 20 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day



TOWEL CURLS - TOWEL SCRUNCHES

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward. Once you complete the towel, straighten the towel out and repeat.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times Hold 1 Second
Complete 1 Set Perform 2 Times a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 20 Times Hold 1 Second
Complete 1 Set Perform 2 Times a Day



STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes as you lift your heel off the ground.

Repeat 10 Times Hold 1 Second
Complete 2 Sets Perform 2 Times a Day



TOES RAISES - DORSIFLEXION STANDING

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle.

Repeat 20 Times Hold 1 Second
Complete 1 Set Perform 2 Times a Day



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 5 Times Hold 20 Seconds

Complete 1 Set Perform 2 Times a Day



TANDEM STANCE BALANCE

Stand and balance in tandem stance. Hold this position. Relax and repeat. Then switch feet position and repeat again.

Duration 30 Seconds

Complete 3 Sets Perform 2 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

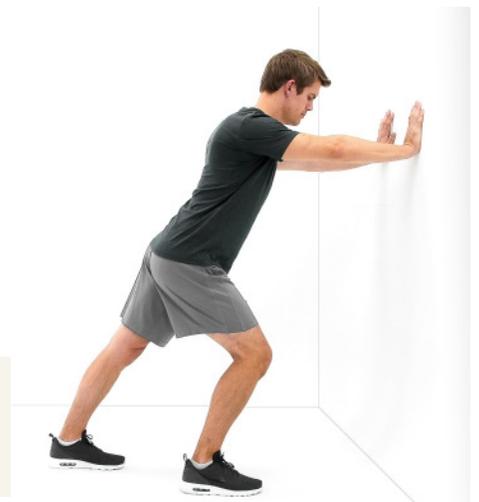
Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 2 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times Hold 30 Seconds
Complete 1 Set Perform 2 Times a Day

