

Ankle Sprain

An ankle sprain is a stretching or tearing of ankle ligaments that occurs due to a twisting injury or fall. Ankle sprains may be mild (grade 1), moderate (grade 2) or severe (grade 3). Ankle sprains usually heal well with simple treatment. To speed recovery, immediately begin using RICE (Rest, Ice, Compression, Elevation)

- Rest:** Avoid activity beyond that needed for day to day activities. Do not do any lower body exercise.
- Ice:** You may ice the painful area up to 15-20 minutes, 3-5 times per day for the first 3-5 days. Do not ice more frequently than once per hour.
- Compression:** Wrap an elastic bandage from the toes to mid calf, using even pressure.
- Elevate:** Make sure to elevate the ankle above heart level (hip level is acceptable during work hours). You should elevate as much as possible for the first 48 hours. After that, let your swelling be your guide.

Range of Motion Exercises – to help restore normal ankle function.

The Alphabet

- 1) Sit on a chair with your foot dangling in the air or on a bed with your foot hanging off the edge
- 2) Draw the alphabet one letter at a time by moving the injured ankle and using the great toe as your "pencil."

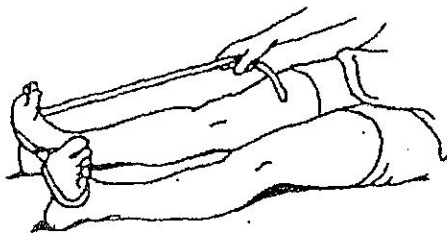
The Pullback:

Sit with your knee straight and flex your foot back toward your body. Hold the position for 20 seconds, repeat 5 times. Do as frequently as possible for the first 3-10 days.

Side Push Out: With your foot flat on the floor, push it outward against a wall, file cabinet or bookcase. Hold for three seconds.

Single Leg Balance: Stand on one foot with a wall or chair nearby for support as needed. Try to balance on your injured foot. Gradually work your way up to the point that you can balance for 60 seconds.

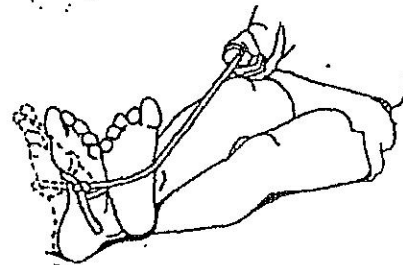
ANKLE/FOOT - 8 Resisted Eversion



With tubing anchored around uninvolved foot, slowly turn involved foot outward.
Repeat 3x10 times. Do 2-3 sessions per day.

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ANKLE/FOOT - 7 Resisted Inversion

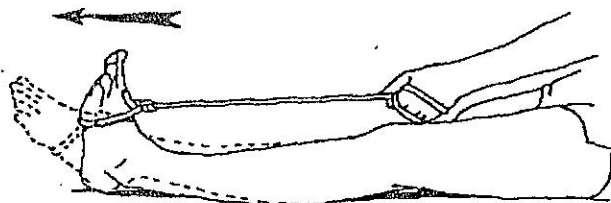


Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward.

Repeat 3x10 times. Do 2-3 sessions per day.

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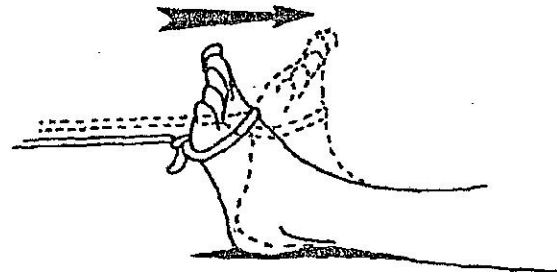
ANKLE/FOOT - 6 Resisted Plantar Flexion



With tubing around foot, press foot down.
Repeat 3x10 times. Do 2-3 sessions per day.

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ANKLE/FOOT - 5 Resisted Dorsiflexion



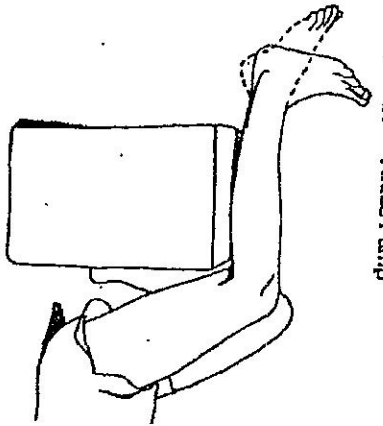
With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax.

Repeat 3x10 times. Do 2-3 sessions per day.

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Ankle alphabets
elevated → A → Z

ANKLE/FOOT - 17 Ankle Pump



With leg elevated, gently flex and extend ankle.
Repeat 30 repetitions/set. Do 4 sets/session.
Do 4 sessions/day. Copyright VHI 1992

ANKLE/FOOT - 11 Double Leg Toe Curling



With both feet resting on towel, bunch towel up as you curl toes.
Repeat 20 times. Do 2 sessions per day. Copyright VHI 1990

b) toe ups 20x

} 2-3x/day

Do exercises within painfree range only.