

Ankle Sprains/ Rehabilitation

The Center for Orthopedic Surgery



Ankle sprains occur when the ligaments that hold the bones in place are stretched or torn. This can lead to pain, swelling, and bruising. After an initial period of rest and immobilization to allow early healing to begin, exercises are started to help regain strength and function. In addition, these exercises can help to prevent further injuries in the future, and should be part of a regular foot and ankle exercise program in those participating in sports.

Before you begin, it may be helpful to soak your ankle in warm water for 5 to 10 minutes in order to help loosen it up. After you have completed your exercises, put an ice bag wrapped in a thin towel on your ankle for 20 minutes. Please notify me if you have repeated painful popping or a locking sensation in your ankle.

Perform the 4 exercises shown below using the elastic band that you were given. Hold each repetition for about 2 seconds and do 10 repetitions during a set. Then move on to the next exercise. Start off doing 2 sets per day, and work up to doing 4 or 5 sets per day.



Inversion



Eversion



Dorsiflexion



Plantarflexion



Single leg balancing

When your pain allows, stand on the injured side to work on balancing. Try to hold for 30 seconds and



Heel Rise



Toe Rise

Do a set of 10 heel rises and toe rises when your pain allows. Hold each repetition only for 1 or 2 seconds.