

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

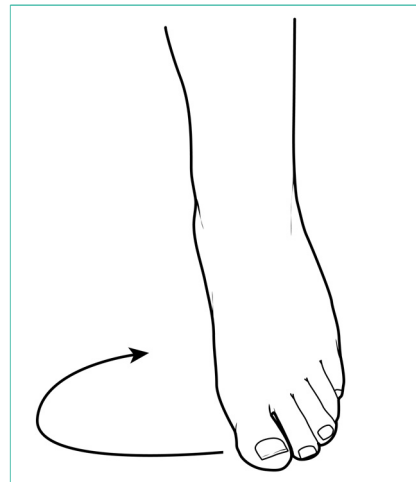
## Home Exercise Program for Ankle Sprain

- To prevent inflammation, apply a bag of crushed ice or frozen peas to the ankle for 20 minutes after performing the exercises.
- You should not experience pain with the exercises.
- If you continue to experience pain or limited mobility of the ankle after performing the exercises for 2 to 3 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Ankle range of motion	Dorsiflexors Plantar flexors Invertors Evertors	2 sets	Daily	3 to 4
Ankle dorsiflexion/ plantar flexion	Anterior tibialis Gastrocnemius-soleus complex	10 to 15 repetitions/3 sets	Daily	3 to 4
Ankle eversion/ inversion	Posterior tibialis Peroneus longus and peroneus brevis	25 repetitions/3 sets, progressing to 45 repetitions/3 sets	Daily	3 to 4

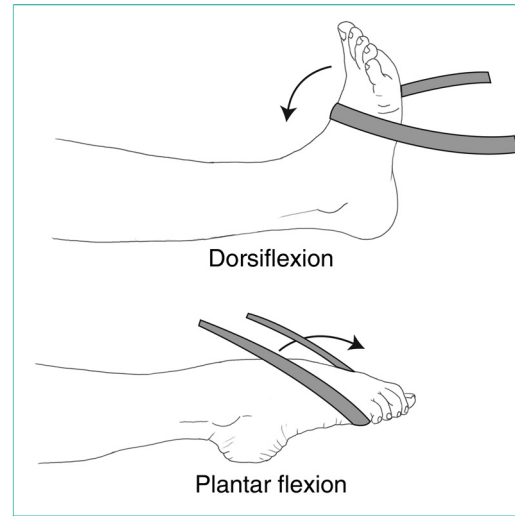
### *Ankle Range of Motion*

- Sit on a chair or the edge of a bed so your feet do not touch the floor.
- Leading with the big toe, write each letter of the alphabet in the air. Keep your knee flexed.
- Perform 2 sets daily, for 3 to 4 weeks.



### *Ankle Dorsiflexion/Plantar Flexion*

- Find a position where your weight is off your feet, such as lying on a bed or on the floor with your legs straight out in front of you.
- For dorsiflexion, wrap an elastic band or tubing around your foot and anchor the other end to a door or bedpost or have someone hold it. Pull your toes toward you; then return slowly to the starting position. Repeat 10 to 15 times.
- For plantar flexion, wrap an elastic band or tubing around your foot and hold the other end in your hand. Gently point your toes; then return slowly to the starting position. Repeat 10 to 15 times.
- Perform 2 to 3 sets daily, for 3 to 4 weeks.



### *Ankle Eversion/Inversion*

- Find a position where your weight is off your feet, such as lying on a bed or on the floor with your legs straight out in front of you.
- For inversion, wrap an elastic band or tube around the inside of your foot and anchor the other end to a door or bedpost or have someone hold it. Pull your foot inward against the resistance; then return slowly to the starting position. Repeat 10 to 15 times.
- For eversion, wrap an elastic band or tube around the inside of your foot and anchor the other end to a door or bedpost or have someone hold it. Pull your foot outward against the resistance; then return slowly to the starting position. Repeat 10 to 15 times.
- Perform 2 to 3 sets daily, for 3 to 4 weeks.

