

Exercise program for Lateral Ankle Sprain or Tear
Issued by Claire Fuller Physiotherapist

1. Days 1-4 Do NOT go into pain.

1a) Alphabet and Ankle Rolls



1. While seated with the edge of the heel on the floor, draw the entire alphabet one letter at a time by moving the injured ankle and using the great toe as the "pen"

***Perform** two sets of a-z and A-Z, two to three times a day.



1. Place barefoot on a tennis ball. Roll the foot over the ball backwards and forwards on the line as far as pain allows.

***Repeat** the exercise for 2 minutes. Perform 2x a day.

Progress onto a bigger ball and increase your range.

1b) Towel drag/ Marbles pick up



1. Place a towel on the floor, sit with foot flat on the towel.

2. Slide up the towel by pulling the toes towards the heel, do not curl toes. First backwards and then sideways.

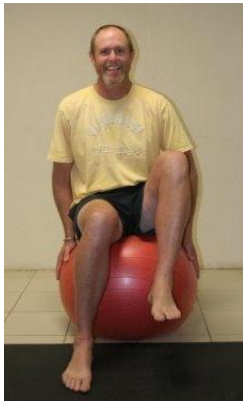
*** Perform** 3 sets of 10 daily.



1. Place 10 marbles on the floor, pick each marble up one at a time and place them in a container away from the foot.

*** Perform** 3 sets of 10 daily

1c) Single leg balance



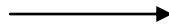
1. Sit upright on an exercise ball.
 2. Maintain balance and slowly lift up the injured leg.
 3. Repeat with the other leg.
- Perform** 3 sets of 30-60 second holds.
- Progress** : hands on ball ▶ arms by side arms ▶ across chest ▶ closed eyes.



1. Stand on a firm surface with arms by side.
 2. Slowly lift one leg and maintain balance on the other leg and keep it straight.
 3. Repeat with the other leg.
- Perform** 3 sets of 30 second holds.
- Progress**: Look at feet ▶ look straight ahead ▶ look left/right ▶ close eyes

2. Days 4-21- Into discomfort NOT pain.

2a) Calf stretch.



- Start position:** Stand in a stride step with the front knee bent, hold on wall.
- Action:** (For Gastrocs) Keep the back knee straight, and back heel firmly pressed into floor. (For Soleus) Bend the back knee and keep heel firmly pressed into floor.
- *Hold** the stretch for 15-30 seconds.
- Progress:** Stand on a step and hang the heel of the foot over the edge.

2b) Down/ Up / In/Outs and Combinations.



1. Down/ Up: Tie the band securely. Place over the top of the foot and pull upwards. Hold for 5 seconds. Return slowly.

2. Up/Down: Hold the band in your hands, place over the ball of foot. Push down, hold 5 seconds. Return slowly

***Perform** 8-10 reps, build to 3 sets with 30 second rests in between.

3. Out/ In: Tie the band securely and place band over the inner foot. Pull foot inwards. Return Slowly.

4. In/Out: Tie the band securely and place the band over the outer foot. Pull foot outwards. Return slowly.

***Progress:** Combine 1 and 4; 2 and 3.



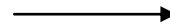
2c) Balance pad squats to 1 leg squat to 1leg bend



Starting position: Stand on a balance pad/ double folded towel. Go into the squat position- keep knees behind toes, and knee over 2nd toe. Stabilize.

Hold each position for 20-30 seconds

***Progress:** stand on 1 leg- to knee bend



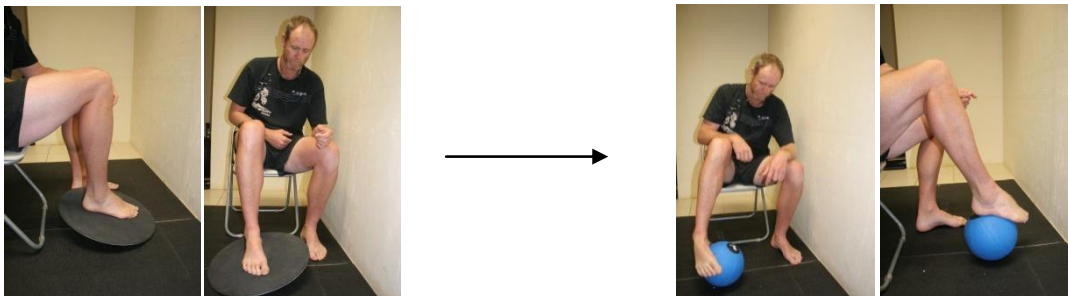
Stating position: Stand on one leg, stabilize. Slowly bend the knee into a 1 leg squat and return up slowly.

***Perform 8-12 reps**, build up to 3 sets with a 30 second rest in between.

Progress: Look Left to Right ► Close eyes 10 seconds.

3) 4weeks to 6-12 months

3a) Mobility: Full ankle mobility- up/ down/in/outs with wobble board/ ball.



Starting position: Place foot in the middle of the wobble board.

Action: Move the foot through the full range :

1. Toes point to floor
2. Toes point to ceiling
3. Sole of the foot turns out
4. Sole of the foot turns in.

***Hold** each position for 5 seconds and repeat 10 times in each direction. Perform exercise 2x per day.

Progress: Onto a large medicine/pilates ball and roll as above.

3b) Stability: Calf raises- double legged, 1 legged, on a towel.



Starting position: Stand on a flat surface using the back of a chair to balance.

Action: Raise up onto the toes by lifting heels off the floor. Slowly return down.

***Perform** 3 sets of 15 repetitions, rest 1 minute in between sets.

Progress: Single leg calf raise as above, use weights in hands.



Starting position: Stand on a step with the balls of the feet on the step and the heels hanging over the step.

Action: Raise up onto the toes, hold 5 seconds, then return slowly to lower the heels below the step.

***Perform** 3 sets of 15 repetitions, rest 1 minute in between sets.

Progress: Single leg calf raise as above. Use weights in hands.



3c) Plyometric jumps: 1-Double leg to 2-Single leg to 3-Direction changes.



1. Start: Stand on both legs in an upright stance with feet shoulder width apart on a firm, forgiving surface. Bend the knees to a squat.

Action: Jump up as high as you can straightening your hips, knees and ankles. Land without compensation.

***Perform** 3 sets of 8-20 repetitions, rest 3 minutes between sets. 1-3x a week.



2. Progression:

Only if "1" done without compensation on each reps
Start as for 1 but on one leg.

⚡ Stop if pain is experienced!



3. Start: On a balance pad/ double folded towel/ Squares.

Action: Jump Upwards and Sideways- Left/ Right. Land without compensation.

Progress up onto a box jump.