

Council Rock High School South

Ankle Sprain Rehab Routine



Immediately after injury: **R.I.C.E**

R – Rest

I – Ice

C – Compression

E – Elevation

Begin first day after injury:

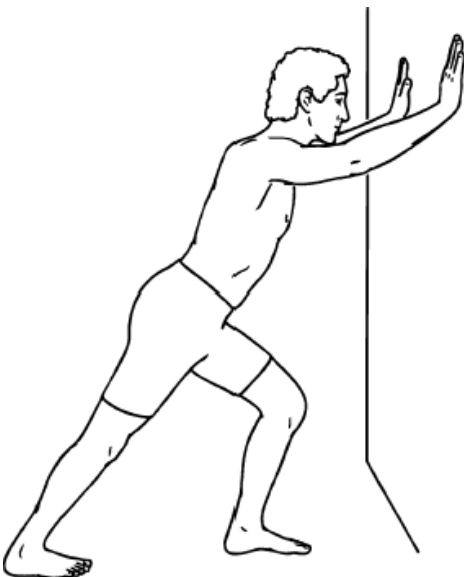
Rehab Exercises:

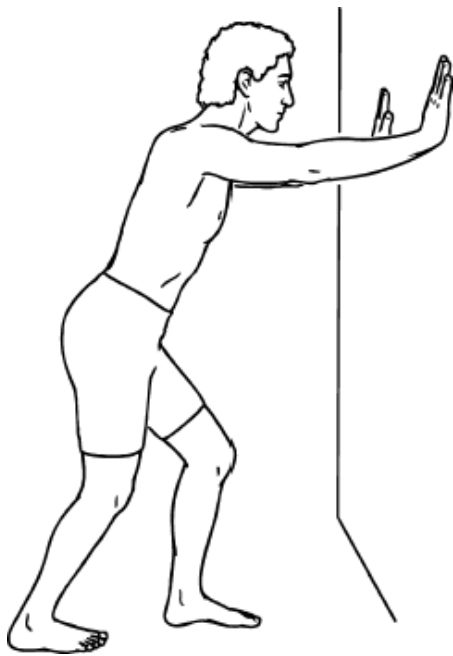
➤ Stretches:

✓ **Gastroc Stretch**

- Stand with the leg to be stretched behind other leg. Keep the heel on the ground. Keeping the back leg straight, lean in towards the wall. You should feel the stretch in the back of your calf.

- 3 sets
- 30 seconds each
- 2-3 times per day





✓ **Soleus Stretch**

- Stand with leg to be stretched in back. Keeping the heel on the ground, bend your knee slightly while leaning into the wall. You should feel a stretch in the back of the calf near the ankle.
 - 3 sets
 - 30 seconds each
 - 2-3 times per day

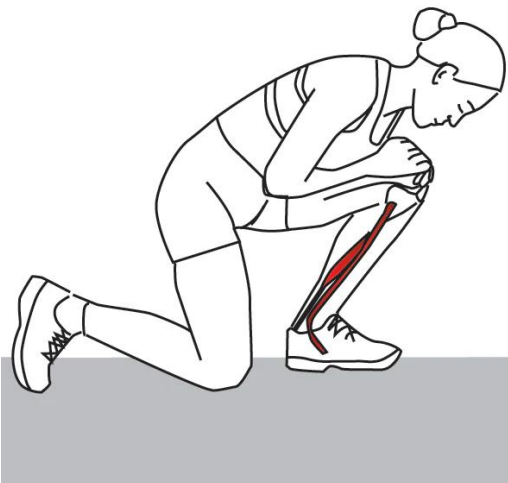


✓ **Heel Dip Stretch**

- Stand straight on a bench, stool, or step. Hold a bar or stairwell for support. Keep the unaffected foot stable on the step (including the heel), soften the knee. Drop your heel of the affected leg, keep the knee straight.
 - 3 sets
 - 30 seconds each
 - 2-3 times per day

✓ **1/2 Kneel Deep Calf/Achilles Stretch**

- In a 1/2 kneel position, lean forwards in a deep lunge. The knee is going to pass the ankle, and you should feel a stretch above the ankle along the Achilles.
 - 3 sets
 - 30 seconds each
 - 2-3 times per day

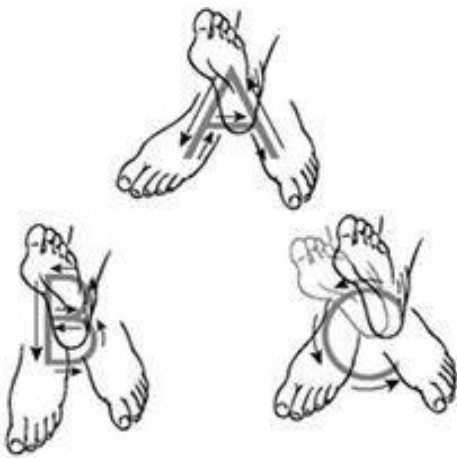


➤ ROM, Strength, & Stability Exercises:



✓ **Ankle Circles**

- Long sit or lie down with your foot slightly over the edge of the bed. Making sure not to move your knee, draw a circle with your big toe going clockwise and then counterclockwise.
 - 1 set
- 30 reps clockwise & 30 reps counterclockwise
 - 2-3 times per day

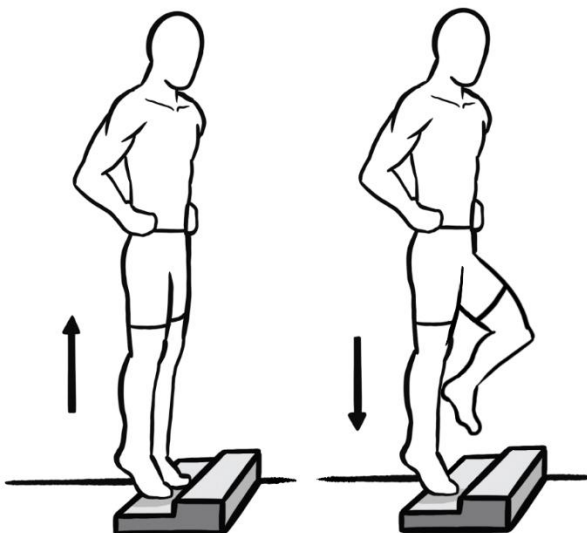


✓ **Ankle ABC's**

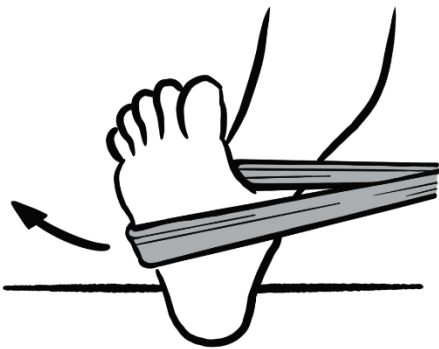
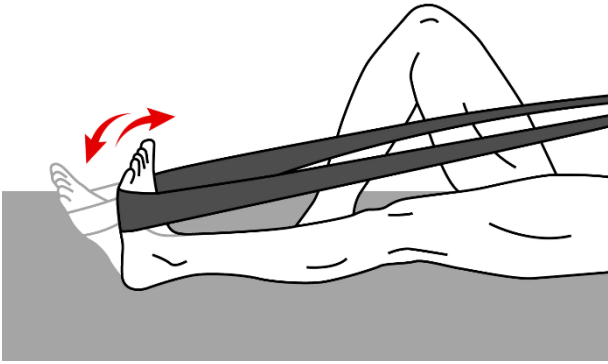
- While in a seated position, write out the alphabet in the air with your big toe. Your ankle should be moving as you perform this.
 - 1 set
- 2-3 times per day

✓ **Eccentric Heel Raises on Step - Unilateral**

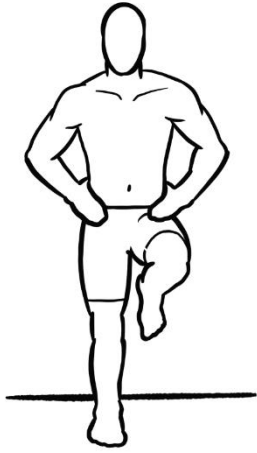
- Stand with both feet on the edge of a step so that your heels are off the edge of the step as shown. Press down through your toes as you raise your heels upward. Next, lift the non-target foot off the step so that you are standing on one leg. Then, lower the heel of the foot that is on the step back down. Place both feet on the edge of the step and repeat.
 - 3 sets
 - 10 reps
- 2-3 times per day



✓ Ankle 4 Way



- Sitting on the edge of a chair or bed.
 - **Plantar Flexion:** loop TheraBand around the top of your foot and hold the other end of the band pulling it towards you allowing some resistance. Push down against the TheraBand like a gas pedal.
 - **Eversion:** loop TheraBand around the top of your foot and hold the other end of the band. While the band and foot are in this position, use the other foot by stepping on the band bringing it to one side giving it resistance. Move the foot in the opposite direction of the band.
 - **Inversion:** loop TheraBand around the top of your foot and hold the other end of the band. While the band and foot are in this position, use the other foot by stepping on the band which crosses the other leg and brings it to one side giving it resistance. Move the foot in the opposite direction of the band.
 - **Dorsi Flexion:** loop TheraBand around the top of your foot and hold the other end of the band. While the band and foot are in this position, use the other foot by stepping on the band bringing it to one side giving it resistance. Move the foot towards your body.
 - 3 sets
 - 10 reps
 - 2-3 times per day



✓ Single leg balance

- Standing upright on both legs. While engaging the core, lift one leg and bend the knee slightly. Keep hips square and don't let hips rotate out. Focus on grabbing the floor with your toes. Drive weight down through heel.

- 3 sets
- 30 seconds each
- 2-3 times per day



✓ Single Leg Balance – Unstable Surface with Ball Toss

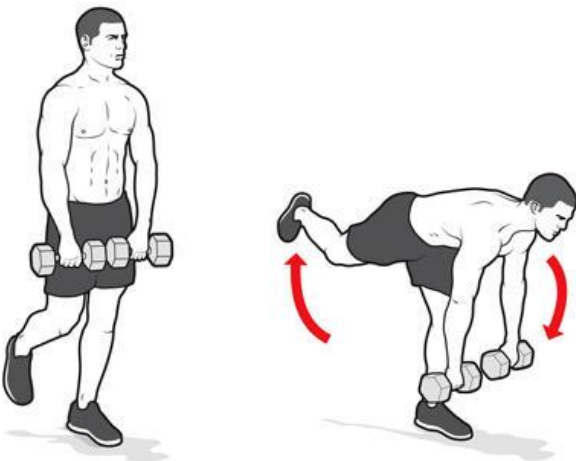
- Stand on top of a balance pad, pillow, seat cushion, or other unstable surface. Balance on one leg and stand so that a wall is in front of you. Toss a ball against the wall and catch it while maintaining your balance. If you lose your balance, you can use touch your toes down and or take a step if needed.

- 3 sets
- 10 reps
- 2-3 times per day

✓ Single Leg RDL

- Start in an upright, single leg position with your core and glutes engaged, and one leg in hip flexion at 90 degrees. Push your hips back keeping a neutral spine and reach with your hand to your opposite foot. Bend your supporting leg slightly, squeeze your glutes and drive your leg back up to starting position.

- 3 sets
- 10 reps
- 2-3 times per day





✓ Lateral heel tap

- Stand on a step. Slowly lower one foot towards the floor, tapping your heel to the floor. Then raise back up slowly.
 - 3 sets
 - 10 reps
- 2-3 times per day

✓ Eccentric Heel Taps (Forward)

- Start with one leg up on a step and the other leg held out straight in front of you. Next, lower your front leg down to the ground in a controlled manner and lightly tap the ground with your heel and return to starting position. You may have one hand touching a nearby wall to help with balance if needed.
 - 3 sets
 - 10 reps
- 2-3 times per day



Created by:

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