

ANKLE SPRAIN HOME EXERCISE PROGRAM

Long Sitting Calf Stretch with Strap

Reps: 5 Sets: 3 Hold (sec): 15 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip

Make sure to keep your knee straight during the stretch.

Long Sitting Ankle Plantarflexion with Resistance

Reps: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your other foot with the end held in your hand.

Movement

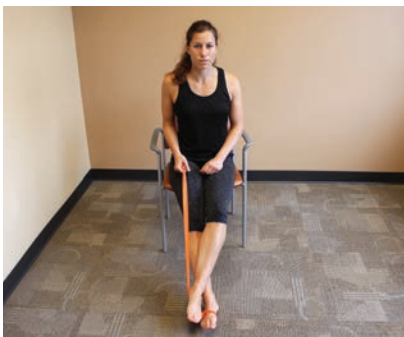
Bend your foot away from your body, creating further tension in the band.

Tip

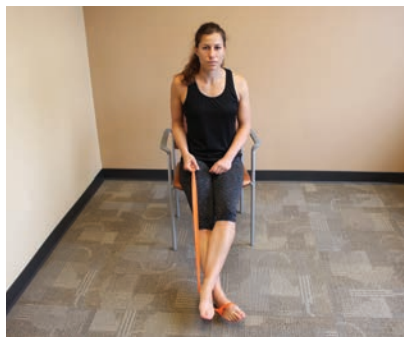
Make sure to keep your toes relaxed and maintain good sitting posture.

Ankle Inversion with Resistance and Legs Crossed

Reps: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup

Begin sitting upright in a chair with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

Long Sitting Ankle Eversion with Resistance

Reps: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

Seated Ankle Alphabet

Reps: 10 Sets: 1 Hold (sec): 1 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup

Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

Tip

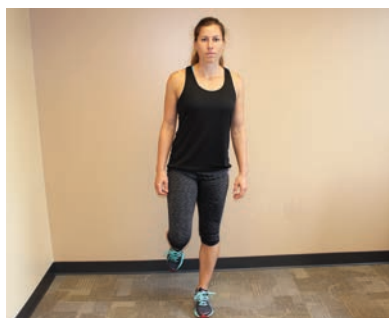
Make sure to keep your upper leg still as you move your foot.

Single Leg Stance

Reps: 10 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 3x



Step 1



Step 2

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Lift one foot off the ground. Hold this position.

Tip

Make sure to maintain your balance and keep your back straight during the exercise.