Ankle Sprain Care and Rehab

After seeing one of the Athletic Trainers, follow PRICE for the first 48-72 hours after injury. Incorporate the following exercises as instructed by the Athletic Trainers or your doctor. Ice after performing exercises. If anything is very painful, stop activity.

**Ankle Pumps:** With your foot hanging off the edge a chair, point and flex your foot. Repeat this 20 times.

**Towel Crunches:** Spread a towel out on the floor. With your toes, pull the towel toward your heel. Repeat this 20 times.

**Ankle Circles:** Move your foot in a circle. Repeat 20 times clockwise and counterclockwise.
**ABC’s:** Write the alphabet with your foot, moving only at the ankle. Go through alphabet 3 times.

**Weight Shifting:** Standing on both feet, slowly shift your weight from being evenly distributed from both legs to 1. Hold there for 2 seconds then slowly shift your weight to the other leg. Hold again for 2 seconds. Repeat this 20 times. If it is difficult for you to stand on both feet, hold onto a table while doing this exercise.

**Towel Stretches:** Sit on a hard surface with your injured leg stretched out in front of you. Loop the towel around your foot and pull back to get a good stretch for 30 seconds. Bend your leg at a 90-degree angle and loop the towel around your forefoot. With your leg bent, pull your foot back for 30 seconds.

**Isometrics:** While seated put the inside of your injured foot against a table leg. With out moving your leg, push your foot against the table leg and hold for 5 seconds. Repeat this 10 times. Switch your foot position so the outside of your foot is now against the table leg and push against it. Hold for 5 seconds and repeat 10 times.

**Heel Raises:** Standing on both feet and lightly holding onto a chair or table, rise up onto your toes. Hold for 3 seconds the slowly lower back down to the floor. Do 3 sets of 10. As this gets easier progress to single-leg heel raises.

**Toe Raises:** Standing on both feet, rock back onto your heels while pulling your toes up off the ground. Hold for 3 seconds then slowly return to the floor. Do 3 sets of 10.
**Heel/Toe Walking**: Walk on your heels for 30 steps. Walk on your toes for 30 steps.

**Single Leg Balance**: Standing on only the injury foot, attempt to balance for 30 seconds. Repeat 5 times. As this gets easier increase the time you balance for or balance with your eyes closed.