






P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate
				
Protect your injury from further damage, for example, by using a support or splint.	Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.	Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.	Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.	Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.

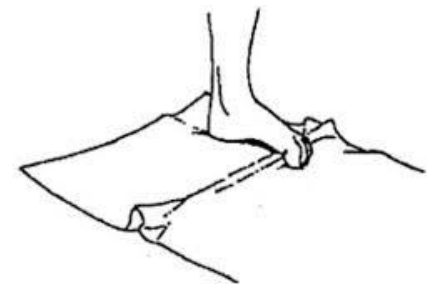
Ankle Sprain Care and Rehab

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.

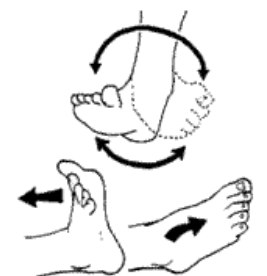
Ankle Pumps: With your foot hanging off the edge of a chair, point and flex your foot. Repeat this 20 times.



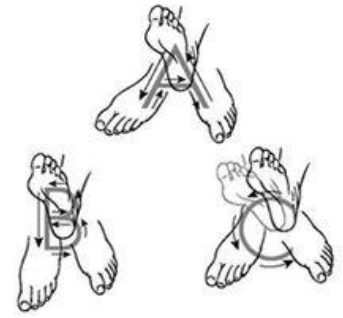
Towel Crunches: Spread a towel out on the floor. With your toes, pull the towel toward your heel. Repeat this 20 times.



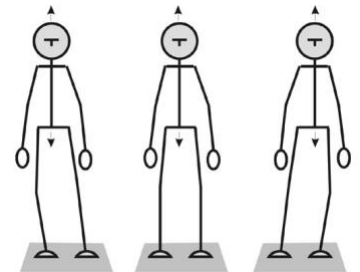
Ankle Circles: Move your foot in a circle. Repeat 20 times clockwise and counterclockwise.



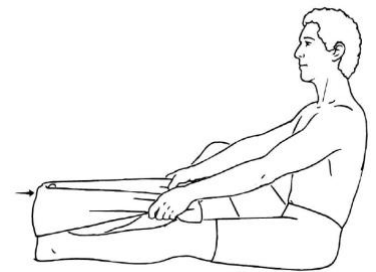
ABC's: Write the alphabet with your foot, moving only at the ankle. Go through alphabet 3 times.



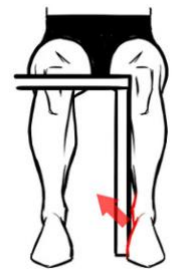
Weight Shifting: Standing on both feet, slowly shift your weight from being evenly distributed from both legs to 1. Hold there for 2 seconds then slowly shift your weight to the other leg. Hold again for 2 seconds. Repeat this 20 times. If it is difficult for you to stand on both feet, hold onto a table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



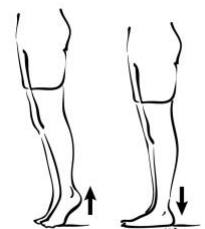
Towel Stretches: Sit on a hard surface with your injured leg stretched out in front of you. Loop the towel around your foot and pull back to get a good stretch for 30 seconds. Bend your leg at a 90-degree angle and loop the towel around your forefoot. With your leg bent, pull your foot back for 30 seconds.



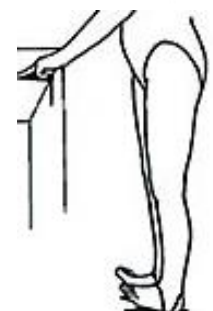
Isometrics: While seated put the inside of your injured foot against a table leg. With out moving your leg, push your foot against the table leg and hold for 5 seconds. Repeat this 10 times. Switch your foot position so the outside of your foot is now against the table leg and push against it. Hold for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



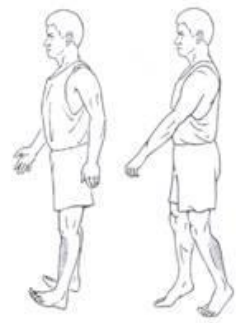
Heel Raises: Standing on both feet and lightly holding onto a chair or table, rise up onto your toes. Hold for 3 seconds the slowly lower back down to the floor. Do 3 sets of 10. As this gets easier progress to single-leg heel raises.



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.

