

# Ankle Sprain Rehabilitation Exercises

## Phase One

### *Exercises*

Ankle Pumps (forward and backward)

Ankle Pumps (side to side)

ABC's (All CAPS)

### *Balance*

Single Leg balance on even surface

### *Stretching*

Towel Stretch – Calf

## Phase Two

### *Exercises*

ABC's (Lower Case)

4-way Ankle (with band)

Seated Calf Raises

Towel Slides (side to side)

Standing Calf Raises (2 up, 1 down)

### *Balance*

Single Leg balance on uneven surface

Medicine Ball – Toss

### *Stretching*

Slant Board Stretching

Towel Stretch – Calf

## Phase Three

### *Exercises*

4-way Ankle (with band)

Towel Slides (side to side)

Seated Calf Raises

Standing Single Leg Calf Raises

Walking on Toes

Side Lunges

Forward Walking Lunges

Forward to Backward Hops – Single Leg

Side to Side Hops – Single Leg

Hop-Scotch

*Balance*

Single Leg Uneven Surface with Med Ball Toss (different directions)

*Stretching*

\*Continue Same Stretching