

EXERCISES AFTER ANKLE SPRAIN

- PHASE I

Daily exercises are important to promote recovery (5 to 15 repetitions several times a day).

1. Toe and ankle flexions and extensions.
2. Ankle rotations in both directions.
Starting with small movements and extending the movements as pain and swelling decrease.

You can move to the next phase of exercise when the ankle is fit enough for the first phase exercises and significant pain or swelling does not occur.

3. Small squats holding on to a table for support.
Weight distributed evenly on both feet.
4. Weight shift exercises.
Take a step to the side and slowly shift your whole weight to the sore side. Increase the stress time as the ankle improves.
5. Standing on tiptoe (holding on to a table for support if necessary), weight distributed evenly on both feet.

Cold therapy (about 15 minutes) after exercises if the ankle becomes painful or swollen.

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