

Ankle Sprain

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View at "www.my-exercise-code.com" using code: BQB5NK2

1



ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe.

Repeat 3 Times
Perform 2 Time(s) a Day

2



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

3



ELASTIC BAND PLANTARFLEXION

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

4



ELASTIC BAND DORSIFLEXION

While seated, step on the band with your other foot (pretty close to your injured leg). Draw your foot upward.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

5



ELASTIC BAND EVERSION - SELF FIX

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand. Push outward with your injured limb against the resistance.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

6



ELASTIC BAND INVERSION

Anchor band lateral to your injured limb. While seated, use an elastic band attached to your foot and draw your foot inward.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

7



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

8



SINGLE LEG STANCE

Stand on one leg and maintain your balance.

Repeat 3 Times
Hold 1 Minute
Perform 2 Time(s) a Day