

Exercise Program for Ankle Sprain



Your healthcare provider may recommend exercises to help treat your ankle sprain.

Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.

Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.

Ankle Alphabet

1. Sit in a chair or on the floor with your legs straight in front of you.
2. Using the big toe on your affected foot as a "pencil," write the letters of the alphabet in the air.
3. Repeat 3 times.



Ankle Dorsiflexion/Plantarflexion

1. Sit on the floor or in bed with your legs straight out in front of you.
2. Point your affected foot away from your body as far as you can. Then flex your affected foot by pulling your toes toward your body as far as you can.
3. Repeat 10 times.

Tips:

- To strengthen your ankle more, do this exercise with a resistance band wrapped around your foot if you are able.
- Move your ankle up and down in a slow and controlled motion.



Resisted Ankle Inversion

1. Tie a resistance band or elastic tubing around your affected foot.
2. Sit on the floor and cross your unaffected leg over your affected leg. Hold the end of the resistance band and press your top foot against the band.
3. Turn your affected foot inward, pushing against the band. Hold for 5 seconds, then return to the starting position.
4. Repeat 10 times.

Tips:

- Try to keep your knee still during the movement.
- Do not let your knee turn inward.



Resisted Ankle Eversion

1. Tie a resistance band or elastic tubing around your affected foot.
2. Sit on the floor with your legs straight. Hold the end of the resistance band and press your unaffected foot against the band to anchor it.
3. Turn your affected foot outward, pulling against the band. Hold for 5 seconds, then return to the starting position.
4. Repeat 10 times.

Tips:

- Try to keep your knee still during the movement.
- Do not let your knee turn outward.



Single Leg Balance

1. Stand with your unaffected side next to a chair back, table, or countertop for balance.
2. Lift your unaffected foot off the floor to balance on your affected leg. Bend your standing knee slightly. Hold on to the chair, table, or countertop if needed.
3. Balance for 30 seconds, then lower your foot.

Tips:

- As you get stronger, slowly increase the balance time up to 3 minutes at a time.
- To make the exercise harder, try to balance with your eyes closed. Or try moving your arms or legs slightly.



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