

EXERCISE TREATMENT FOR ANKLE SPRAIN

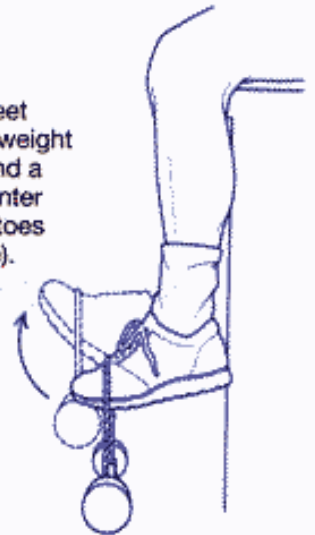
1) Alphabet Range-of-Motion

Sit in chair and cross the affected leg over the leg at knee. Using your big toe as a pointer, trace capital letters of the alphabet from A to Z. Hold big toe rigid so all motion comes from the ankle. Repeat exercise every hour while awake.



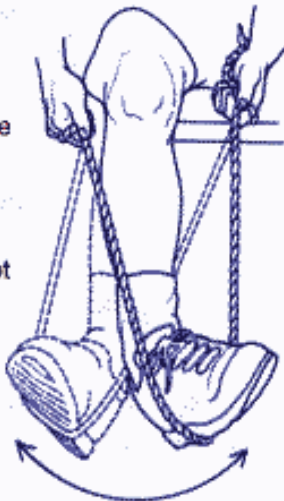
2) Ankle Lift

Take piece of rope about 1.5 feet long, and either tie a 5-pound weight to each end or loop rope around a 10-pound weight. Sit on a counter and drop rope over the top of toes (while wearing an athletic shoe). Lift the weight with your ankle as many times as possible.



3) Ankle Turn

While sitting on counter, take long rope, put it under the arch of shoe of the affected foot, and hold ends of the rope at about knee height. Turn ankle as far as it will go to the inside. Now pull on inside part of rope and turn ankle to the outside, working against resistance of the rope. When your foot is all the way out, pull on outside part of rope as you bring your foot back to inside, again working against resistance. Alternate inward and outward movements until ankle is fatigued.



4) Toe Raise/Heel Drop

Stand with forefeet on raised surface, as if doing a backdive off of a diving board. Raise up onto your toes, then return to starting position. Next, let your weight take your heels down below the level of the surface so that the back of your calf is stretched. Hold each position for 10-15 seconds. Repeat until calf is fully fatigued.



5) Proprioception

Stand on injured ankle. Place elastic band under table leg and over uninjured ankle. Pull to side, hold and return. Continue until fatigued. Then face in opposite direction and pull across injured ankle.

