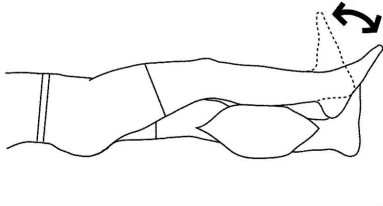


Ankle Sprain Rehabilitation

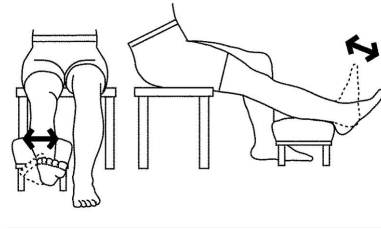
The following exercises are commonly used for rehabilitation following an ankle sprain. However, each surgery is unique and each person's condition is unique. We recommend that you consult with your physician or physical therapist before performing these exercises.

AROM ankle DF/PF (elevated ankle pumps)



- Lie on back with foot elevated up on pillow.
 - Move foot up and down, pumping the ankle.
- Perform 1 set of 30 Repetitions, three times a day.

AROM ankle 4 way



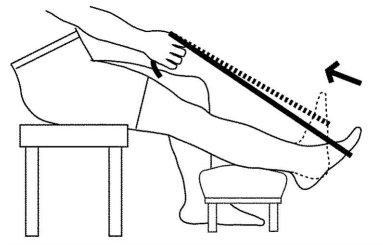
- Sit with leg supported as shown.
 - Move foot to left, then to right.
 - Move foot toward shin, then downward.
 - Repeat.
- Perform 1 set of 30 Repetitions, three times a day.

AROM ankle alphabet



- Slowly move foot, spelling the alphabet.
 - Do not let hip or knee move.
- Perform 1 set of 1 Repetition, once a day.

AAROM ankle DF w/elastic

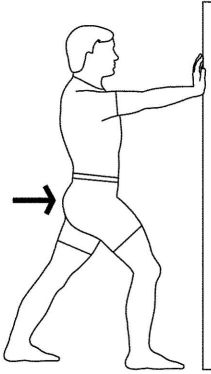


- Sit as shown, knee straight, calf supported.
- Grasp elastic or towel and loop around ball of foot.
- Move foot toward shin, allowing elastic or towel to assist.
- Return to start position and repeat.

Special Instructions:

Use band to stretch ankle.
Perform 1 set of 10 Repetitions, three times a day.
Hold exercise for 5 Seconds.

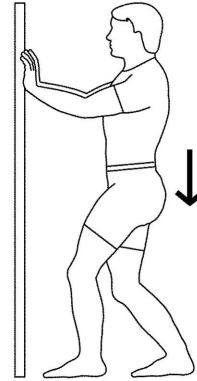
Runner stretch



- Stand facing wall, hands on wall.
 - Step forward with foot of uninvolved leg, leaning hips toward wall.
 - Keep rear leg straight with heel on floor.
- Perform 1 set of 5 Repetitions, twice a day.

Hold exercise for 10 Seconds.

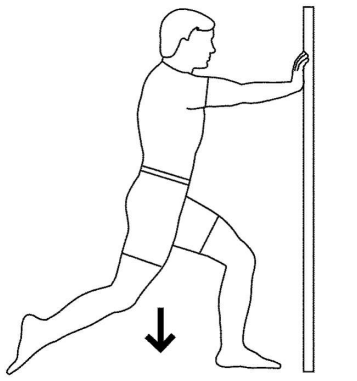
Soleus stretch



- Stand, left leg in front of right.
 - Face wall, hands on wall for support.
 - Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
 - Repeat with right leg in front.
- Perform 1 set of 5 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Front ankle stretch



- Stand at wall.
- Place top of involved foot down, toes pointed, as shown.
- Slowly lower body until stretch is felt in front of foot.
- Hold, relax and repeat.

Perform 1 set of 5 Repetitions, twice a day.

Hold exercise for 10 Seconds.

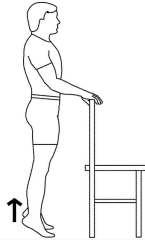
Issued By: Rocky Mountain Orthopaedics PT

These exercises are to be used only under the direction of a licensed, qualified professional.

Rocky Mountain Orthopaedics

Signature: _____

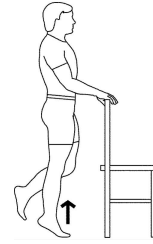
AROM ankle PF bil stand



- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 1 set of 20 Repetitions, twice a day.

AROM ankle PF uni stand



- Stand, using chair for balance if needed.
- Raise up on ball of injured foot, through full range.
- Return to start position and repeat.

Perform 1 set of 20 Repetitions, twice a day.

AROM gait heel walk



- Lift up balls of feet.
- Stay on heels, keeping knees straight and walk in a straight line.

Special Instructions:

Walk _____ feet.

Perform 1 set of 20 Repetitions, twice a day.

AROM gait sideways



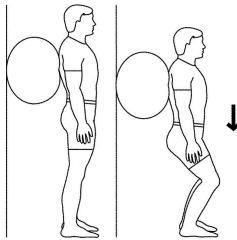
- Walk sideways against resistance of band. When this is comfortable try this in a squatted upright position and then backward zig zag.

Special Instructions:

Try to keep toes pointing forward.

Perform 1 set of 20 Repetition, twice a day.

AROM knee wall slide bil partial w/Ball



- Place ball between back and wall.
- Slowly bend knees to 45 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

Special Instructions:

Maintain proper low back posture.

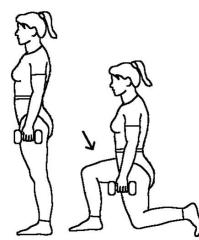
Perform 3 sets of 30 Repetitions, three times a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist hip/knee flx (reverse lunge) w/wt



- Stand holding weights at side, palms inward.
- Step back with one leg until rear knee almost touches floor.
- Front leg should not extend past toes.
- Push back up forward to a standing position.
- Repeat.

Perform 1 set of 10 Repetitions, twice a day.

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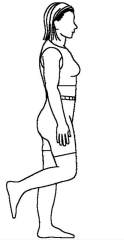
Signature: _____

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One leg stand



- Stand on firm surface with arms at side.
- Lift on leg and balance on one leg.

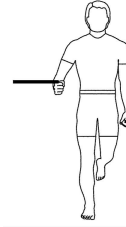
Special Instructions:

If needed to maintain balance, raise arms out away from sides.

Perform 1 set of 5 Repetitions, twice a day.

Hold exercise for 20 Seconds.

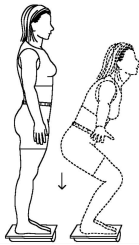
One leg balance with elastic



- Attach elastic to secure object at waist level.
- Hold elastic in hand.
- Stand on involved leg, pull on elastic across chest.
- Adjust tension to appropriate challenge.
- Repeat with pull from other direction.

Perform 3 sets of 15 Repetitions, once a day.

Rocker Board two leg frontal squat



- Stand on Rocker Board with both feet perpendicular to rocker bottom.
- Keep board parallel to ground.
- Bend knees to about 30-45 degrees.
- Keep back and neck straight.
- Slowly return to start position and repeat.

Perform 2 sets of 20 Repetitions, twice a day.

Single leg wobble board balance



- Stand with involved foot on wobble board.
- Keep the board steady and horizontal.

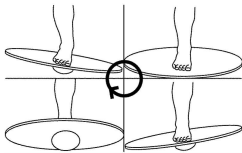
Special Instructions:

Progress by closing the eyes.

Perform 1 set of 5 Repetitions, twice a day.

Hold exercise for 5 Seconds.

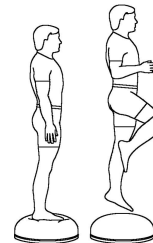
Wobble board circles



- Stand on board.
- Hold onto chair for support if needed.
- Move ankle in circles clockwise, then counter-clockwise.
- Try to keep edge of board in contact with floor throughout the circles.

Perform 2 sets of 20 Repetitions, twice a day.

Bosu single jump



- Stand on BOSU with both feet.
- Jump up, land on one leg, jump back up and land with other leg.
- Repeat.

Perform 2 sets of 20 Repetitions, twice a day.