

Exercise plan:
Moderate Ankle Sprain

Patient:
--

Date:
30th Apr 2020



Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/cqDMYUaIXvw>



Self Resisted Inversion

In sitting, place your toes together, pressing inwards and upwards against the resistance of each other. This is a strengthening exercise for the ankle.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/Gx2gG5tLlFU>



Active Dorsiflexion Chair One Foot

Sit down with your feet flat on the floor. Slowly lift your toes up on one side, but keeping your heel on the ground. Hold, then gradually control the movement back down. This acts as a calf pump, but also mobilises the ankle joint. You can also hold a stretch.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/c97V2MZQYdM>



Self Resisted Eversion

Sitting on a chair, cross your feet keeping your heels on the floor. Push the outside of your feet against each other. This is a strengthening exercise for your ankles.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/sNCrRc-NZs>



Single-Leg Stand

Stand on one leg. You can soften your knee slightly if you wish. Be careful not to fall over (stand next to a wall or table if you are unsteady on your feet). Hold this position. You will feel the leg working, and will likely get some muscle aching all over the leg and buttock.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/hH4aQTBIYo0>



Walking

Concentrate on a heel-strike to toe-off action. Try to have a normal stride length with both legs