

Exercise plan:
Ankle Sprain- Balance

Patient:
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Date:
30th Apr 2020



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One Leg Stand Eyes Closed

Stand on one leg with your eyes closed. Try to keep your balance. Be very careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise with your eyes closed is an enormously valuable and quite difficult exercise, and should not be thought of lightly, it has many benefits including strengthening the muscles and ligaments around the ankles and knees, improving balance, and co-ordination.

Hold for 20 | Repeat 3 times | Perform 3 times daily

Video: <http://youtu.be/zApChixB2MQ>



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One Leg Stand Knee Touch

Stand on one leg, and bend your knee up to 90 degrees while your opposite hand touches the outside of your knee. Try to hold this position for 5 seconds and repeat the other side. It's a great strengthening exercise especially to the quadricep (thigh) muscle, but also improves balance.

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

Video: http://youtu.be/g_uXMs_y0ME



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Tip Toe Standing

In standing, raise your heels off the ground, onto your toes. Try to keep your balance. Be careful and use a wall for support if required. This exercise predominantly strengthens the calf muscles, but also improves balance.

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

Video: http://youtu.be/eaiVz6Yt_v0



Straight-Line Walking

Walk slowly in a straight line, placing one foot in front of the other, and vice versa. Try to walk in a straight line. This is a great co-ordination and balance exercise. To progress, try looking straight ahead of you.

This can also be done walking backwards

Repeat 3 times | Perform 3 times daily

Video: <http://youtu.be/pZlc0bts1Z0>

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One Leg Stand Catching Ball

Stand on your injured leg, throw and catch a ball against the wall. If you have a partner, ask them to throw the ball to you. The added force from the ball puts you off balance, making this exercise functional and challenging.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/uPgGAfATE20>

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One Leg Stand Passing a Ball

Stand on one leg, try to keep your balance. Be careful and hold on to a wall for support when you first start this exercise. To progress, pass a ball around your body using both hands. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits include strengthening the muscles and ligaments around the ankles and knees, and improving balance.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/s3rDPH3PFtU>

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