

Lateral Ankle Sprain

What is it?

Ankle sprains are a common injury that occurs to the outside of the ankle joint. This injury typically occurs when you twist your ankle and your foot turns inward.

What does it feel like?

- Sharp pain with activities and dull pain at rest
- swelling around the ankle
- bruising at the ankle and into the foot
- redness/heat at the ankle
- pain/difficulty walking

What to do:

- Initially try to avoid activities that hurt
- Place ice where it hurts: ice packs 10 minutes at a time, every 1-2 hours. If it is too cold then place a thin paper towel between skin and ice.
- Stretching exercises for the foot and ankle
- Strength and balance exercises for the foot, ankle, and leg
- Gradually return to previous activities without pain.

Exercises:

Calf stretching



- For the above exercises, bring one foot behind opposite leg and hold for 60 seconds. In the picture on the right make sure to bend both knees with the stretch.

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Acute and Chronic

Single Leg Balance



For the above exercise on left, stand on one leg
And hold for 30 seconds. Repeat with opposite side.
When exercise gets easy repeat with Eyes closed.
For the above exercise on right, you can increase the
challenge by reaching forward and returning back
to standing.

Ankle Alphabet



For the above exercise, use your
heel and foot to draw out the
Alphabet from a to z. Then from
A to Z.

Clams



Lie onto side with knees bent - lift knee up
and hold 5 seconds. Repeat 20 times