

ANKLE SPRAIN – Phase 2

YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around the ankle as well as improve balance and joint position sense (proprioception) of your ankle. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your injury. The following leaflet includes some exercises to help in your rehabilitation.

GUIDANCE FOR STRETCHING EXERCISES

Hold all the stretches for 20 seconds each and repeat them five times

on each leg. It is important to stretch the uninjured muscles so that both legs reach a similar point of flexibility.

PROGRESSION SPEED

Your therapist will advise you on the speed you should progress on the strengthening/movement control and proprioception progression programme. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. Remember poor practice leads to poor performance and potential strain on your injury. If at any time you feel pain or discomfort stop the exercises and consult your therapist.



CALF RAISES TWO LEGS STEP

Stand on a step, hold onto a hand rail for balance if required. Slowly raise up onto your toes, and control the movement back down just below the level of the step. This exercise will strengthen the calf muscles and ankle joints, but at the bottom of the movement put a stretch through the calves as well.

SETS	REPS
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Video

http://youtu.be/jfKTT_hr8bk


EVERSION WITH BAND

Tie an exercise band around a stable object, and tie the other end around the outside of your foot. Move your foot outwards and upwards against the resistance of the band. This is a strengthening exercise for your ankle.

SETS	REPS
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Video

<http://youtu.be/LPL8bCiLJag>


ONE LEG STAND KNEE TOUCH EYES CLOSED

Stand on one leg with your eyes closed, 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 quadriceps (thigh) muscle, but also improves balance.

SETS	REPS
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Video

<http://youtu.be/BBJ4eWFBYo>

SOLEUS STRETCH

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).



SETS	REPS
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Video

http://youtu.be/3FnsnjQ_Iyk

ONE LEG STAND FORWARD REACH

Stand on one leg. Keeping your back straight, lean forward, bending your knee to touch the ground in front of you with both hands. Return to an upright position.

This exercise can be tough so keep it within your comfort zone. It improves strength, balance and coordination in your leg.

SETS	REPS
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Video

<http://youtu.be/dAZANlgIVik>


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