

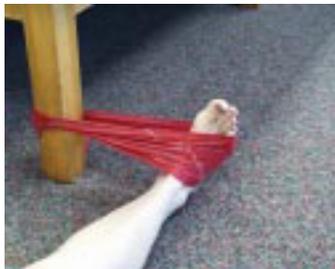
Ankle Sprains Rehabilitation

Ankle sprains occur when the ligaments that hold the bones in place are stretched or torn. This can lead to pain, swelling, and bruising. After an initial period of rest and immobilization to allow early healing to begin, exercises are started to help regain strength and function. In addition, these exercises can help to prevent further injuries in the future, and should be part of a regular foot and ankle exercise program in those participating in sports.

Inversion



Eversion



Dorsiflexion



Plantarflexion



Single leg balancing



When your pain allows, stand on the injured side to work on balancing. Try to hold for 30 seconds and

Heel Rise



Toe Rise



Do a set of 10 heel rises and toe rises when your pain allows. Hold each repetition only for 1 or 2 seconds.