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ANKLE SPRAIN STRETCHING EXERCISES

The following stretching exercises should be performed in stages once the initial pain and swelling have receded, usually within 5-7 days. First is restoration of ankle range of motion, which should begin when bearing weight on the affected extremity is tolerated. Once ankle range of motion has been completely or near completely restored, the ankle must be strengthened. Coupled with strengthening, is the concept of return of proprioception, or the ability of the ankle to feel 'stable' and comfortable. Consider these home exercises when recuperating from such an injury. Perform them twice per day.

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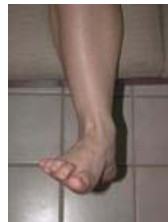
While seated, bring the ankle and foot all the way up as much as you can. Do this slowly, while feeling a stretch in your calf. Hold this for a count of 10. Repeat 10 times.



From the starting position, bring your ankle down and in. Hold this inverted position for a count of 10. Repeat 10 times.



Again from the starting position, bring your ankle up and out. Hold this everted position for a count of 10. Repeat 10 times.



From the starting position, point your toes down and hold this position for a count of 10. Repeat 10 times.



This stretch should be considered only when the pain in the ankle has significantly subsided. While standing on the edge of a stair, drop your ankles down and hold this stretched position for a count of 10. Repeat 10 times.



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Consider this stretch only the pain from an ankle sprain has significantly subsided. Stand 12 inches from a wall with your toes pointing toward the wall. Squat down and hold this position for a count of 10. Repeat 10 times.



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