

Lateral Ankle Sprain

Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 4/10 whilst completing this exercise programme.

Up to 1-minute / 2-3 sets / 1 minute rest



1. Single leg balance- knee straight

- Perform this exercise barefoot or in socks, in a clear space near a wall/stable object and on a flat, non-slip surface.
 - Shift your weight on to the affected leg then lift the supporting leg slightly off the floor – keep the knee straight.
 - Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle – use the object/wall to prevent yourself falling.
 - To progress, try looking straight ahead rather than down at the knee. To advance further, this can be performed with the eyes closed.
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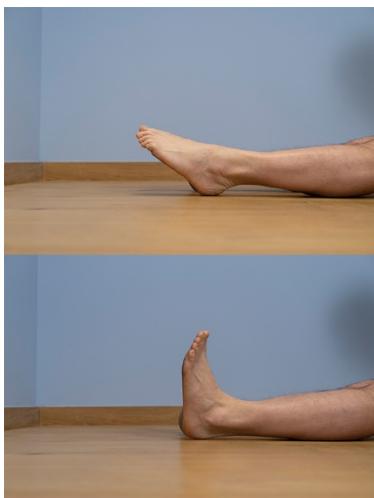
10 reps / 2-3 sets / 1 minute rest



2. Seated heel-to-toe

- Sit with your feet flat on the floor, knees bent.
 - Rise up on your tip toes and hold for a count of 3 seconds.
 - Lower back down to feet flat and then lift the toes and front of the feet up, bending from the ankles and keeping the heels in contact with the floor – hold for 3 seconds.
 - Return to feet flat and repeat.
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10 reps / 2- 3 sets / 1 minute rest



3. Ankle active range of motion- plantarflexion/dorsiflexion

- Sit or lay with your legs out straight, feet off the floor.
- Point the ankles and toes away from you and then bend them up towards you.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.