

Lateral Ankle Sprain Intermediate 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.



1. Ankle active range of motion-inversion/eversion

- Sit or lay with your legs out straight, feet off the floor.
- Start with the ankle in a neutral position (ankle at 90 degrees, toes pointing to ceiling).
- Tilt the ankles inwards as if showing the soles of the feet to one another.
- Then turn them in the opposite direction as if turning the soles away from each other.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Double-leg heel raise from floor - straight leg

- Stand on a flat surface with the feet hip-width apart – have a wall/stable object nearby to assist with balance.
- Push down through the front of the feet as if going up on your tip toes – the heels will begin to rise.
- Lift the heels as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Bodyweight squats

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**