

# Lateral Ankle Sprain Advanced 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. Balance and reach

- Start by standing with all the weight on one leg.
- Rest the other foot next to the standing foot for balance.
- Now with the non-standing leg reach out to the side (hovering just above the floor) as far as possible whilst at the same time bending the standing leg.
- Then return to the start position maintaining your balance.
- Repeat in a sideways and backwards direction and continue to do this in a cycle of the three movements only touching down if you start to lose your balance.
- **Hold position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 2-3 times.**



## 2. Double-leg heel raise from a step - straight leg

- Stand at the bottom of the step facing it.
- Stand upright on the step with only the front half of each foot on the step so that the heels drop down – 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 heel 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 30 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



## 3. Raised split squat

- For this exercise, you will need a secure raised surface behind you such as a small step.
- Stand upright in front of the surface facing away from it.
- Transfer your weight on to the target leg and place the foot of the trailing leg up on the small step.
- Bend the knee and hip of the standing leg so that your hips lower directly downwards to the point where the trailing knee is just off the floor.
- Hold for 3 seconds before squeezing the buttock and thigh muscles to straighten the standing leg – do not forcibly lock out the knee.
- Repeat for the recommended repetitions.
- **Perform this exercise up to 30 times, rest for 3 minutes.**
- **Repeat routine 3 times.**