

Exercise plan:
Easy Ankle Sprain

Patient:
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Date:
30th Apr 2020

Active Plantar Flexion Both Sides

Sit (or lie down) with your legs out straight. Bend your ankles towards the ground, pointing your toes. This exercise will increase mobility in your ankle joints.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/KjhkvZLV2ak>



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Active Dorsiflexion In Sitting Two Feet

Sit with your legs out straight. Bring your toes and feet towards you, then gradually control the movement back down. This will improve mobility in your ankles. You can also hold the stretch to create a calf muscle stretch.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/ilaUgwF4WeA>



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Ankle Circles Lying

Lying on your back, move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/Za8PFXDFp_M



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Alphabet Ankle Lying

Lying bare foot, lift your foot off the floor. Use your toes and ankle to draw letters of the alphabet. Start with "a" and then progress right through the alphabet to "z". Keep each letter and movement controlled and specific.

Repeat 1 times | Perform 3 times daily

Video: <http://youtu.be/W20-j9YFaBY>



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Active Eversion Sitting

In sitting, move your foot outwards and upwards, and relax. Repeat as necessary. This will improve the mobility of your ankle.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/bAkfCwhrAXs>



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Active Inversion Sitting

In sitting, move your foot inwards and upwards. This is a mobility exercise for the ankle.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/6vb_y8puqhQ



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