

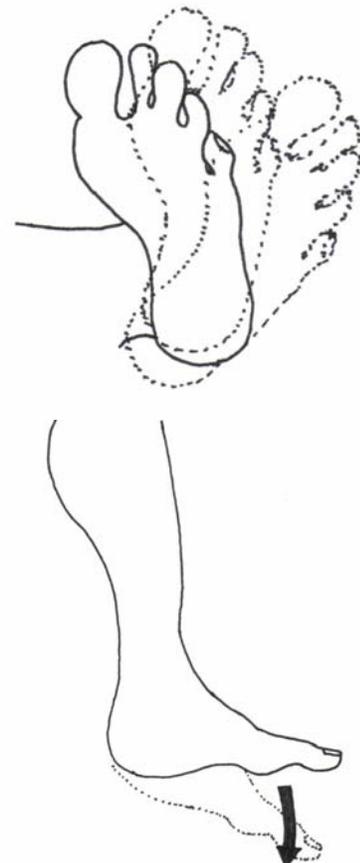
Ankle Sprain Recovery Phase I: Restore Ankle Mobility

Goal is to Restore Ankle Flexibility

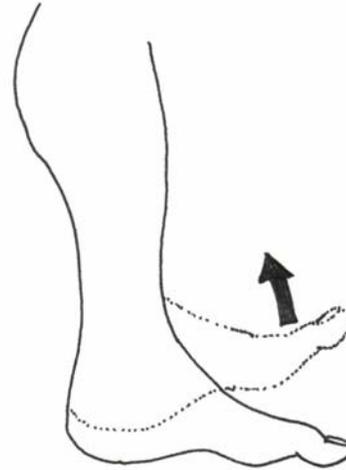
After you have protected the ankle in the soft cast and/or walking boot, you will have some mild stiffness in the ankle. This is normal. But with a little frequent gentle exercise you will quickly restore the ankle range of motion. The goal of this phase of ankle sprain treatment is to get the motion back. You need at least 10 degrees of ankle joint dorsiflexion to consider yourself recovered and ready to move on to the next recovery phase.

The following ankle exercises are designed to reduce any residual swelling and break up any fibrosis or scar tissue before it sets up. You should be able to these exercises without any pain. A sense of stiffness in the ankle is alright, but you should not have pain. If you have any pain when performing any of these ankle rehab exercises, STOP IMMEDIATELY and call Dr. Segler.

- **ABC's:** Sit on a couch, bed or floor so that your injured ankle can be stretched out comfortably in front of you. If you have been wearing a fracture walking boot or ankle brace, remove it. While keeping your heel on the couch, bed or floor, move your big toe in a motion that would write the letter "A" in the air. Repeat with "B," "C," "D," etc., until you have spelled the entire alphabet. Replace the ankle brace or fracture walking boot when you are done. Repeat this exercise 3-5 times per day.
- **Passive ankle plantarflexion:** If you have been wearing a fracture walking boot or ankle brace, remove it. While seated, stretched your leg out in front of you. Keep your leg straight. Do not bend your knee. Press your foot down as if you were pressing the gas pedal in your car. Hold for 3 seconds. Slowly release. Do 3 sets of 10. Replace the ankle brace or fracture walking boot when you are done. Repeat this exercise 3-5 times per day.



- **Passive ankle dorsiflexion:** If you have been wearing a fracture walking boot or ankle brace, remove it. While seated, stretch your leg out in front of you. Keep your leg straight. Do not bend your knee. Point your toes up towards your nose. You will feel a stretch in the back of your leg in your calf muscle. Hold for 3 seconds. Slowly release. Do 3 sets of 10. Replace the ankle brace or fracture walking boot when you are done. Repeat this exercise 3-5 times per day.



- **Passive ankle inversion/eversion:** If you have been wearing a fracture walking boot or ankle brace, remove it. While seated, stretch your leg out in front of you. Keep your leg straight. Do not bend your knee. Keep your heel in place and move your foot side to side. Do not rotate the leg. Only the foot should move. Hold for 3 seconds on each side. Do 3 sets of 10. Replace the ankle brace or fracture walking boot when you are done. Repeat this exercise 3-5 times per day.

