

## Ankle Sprain Recovery Phase II: Active Ankle Strengthening

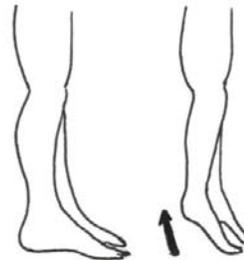
### Goal is to Restore Ankle Strength

After you have spent 5-7 days gently moving the ankle you will notice the ankle no longer feels as stiff. You should also notice much less soreness when you are walking and moving the ankle. Any bruising should begin to fade as well. Provided that you have been able to do the *Phase I* exercises without pain or discomfort, you should have much more motion in the ankle than you did a week ago. Call and talk to Dr. Segler before to discuss your progress before moving on to Phase II of your ankle sprain recovery.

Once Dr. Segler has spoken with you and given clearance to begin, you will start ***Phase II: Active Ankle Strengthening***. The following six exercises will very quickly strengthen the muscles that have become weaker while you were resting the ankle immediately after your ankle sprain. This phase of ankle sprain treatment will help restore your ankle to the same strength it had at the time you injured it.

With each exercise, you should start out gradually. If you have any pain when performing any of these ankle rehab strengthening exercises, STOP IMMEDIATELY and call Dr. Segler.

- **Heel raise:** Hold onto a chair, desk or countertop for balance. Now raise your body up onto your toes. Hold for 5 seconds. Slowly lower your heels back down. As you improve, try repeating without holding on to anything for balance. As you get stronger, try this exercise standing on only one foot. Repeat 10 times. Do 3 sets of 10.
- **Step-up:** Stand with the foot/sprained ankle on a small step or thick textbook. Keep the other foot flat on the floor. Shift your weight onto your injured ankle and straighten your knee to lift your non-injured leg off the floor. Lower back down slowly. Do 3 sets of 10 repetitions.



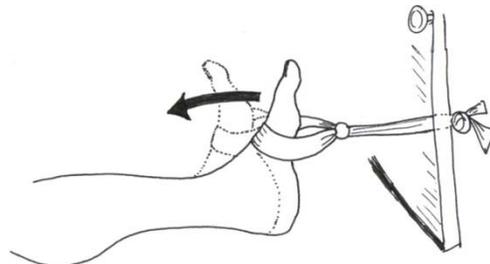
- **Isometric ankle inversion:** Sit and straighten your legs out in front of you. Press your feet together squeezing the big toe joints together. Hold for 10 seconds. Relax for 5 seconds. Do 3 sets of 10.



- **Isometric ankle eversion:** Sit and straighten your legs out in front of you. Now cross your legs with your injured ankle on top of your non-injured leg. Press your feet together squeezing the little toe joints together. Hold for 10 seconds. Relax for 5 seconds. Do 3 sets of 10. Cross your legs the other way and repeat.



- **Resisted ankle dorsiflexion:** Tie a loop in one end of the elastic band. Tie a knot in the other. Shut the knot in a door to secure and hold the band. Sit on the floor with your injured ankle out in front of you facing the door. Place your foot through the loop. Slide back away from the door until you feel tension around your foot. Keep your knee straight and pull your toes toward your nose, stretching the elastic band. Hold for 3 seconds. Slowly release. Do 3 sets of 10.



- **Resisted ankle plantar flexion:** Sit on the floor with your injured ankle out in front of you. Place the ball of your foot or arch through the loop you tied in the elastic band. Hold the other end of the band with both hands. Press your foot down as if you were pressing the gas pedal in your car, stretching the elastic band. Hold for 3 seconds. Slowly release. Do 3 sets of 10.

