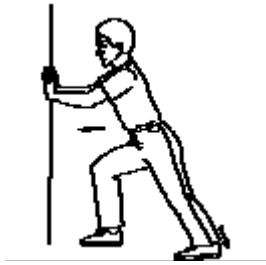


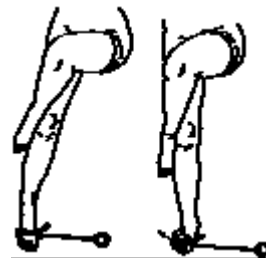
Exercises



1. Position your body against a wall as shown with affected foot behind.
2. Point toes directly toward wall and hold heel down.
3. Lean into wall as shown so that you feel a stretch.
4. Hold for 20 seconds.
5. Do 5 repetitions, 3 times per day.



1. Assume the position shown, pull the affected toes toward your body so that you feel a stretch.
2. Hold 20 seconds
3. Do 5 repetitions, 3 times per day



1. Tie one end of elastic tubing to a solid object and the other end to your foot as shown
2. Pull foot in the directions shown, ensure you are only moving your ankle and not your entire leg
3. Hold each repetition for 3 seconds
4. Do 30 repetitions of each exercise, 2 times per day

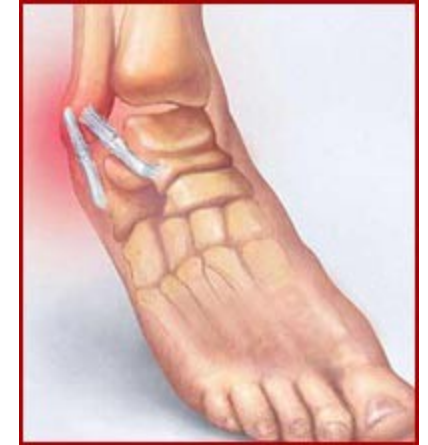


1. Stand on affected foot while holding on to sturdy object
2. Raise slowly onto your toes as high as you can
3. Hold 3 seconds
4. Do 30 repetitions, 2 times per day



1. Stand balanced on affected foot
2. Hold for 30 seconds and then relax
3. Do 10 repetitions, 2 times per day
4. Variations may be added by waving arms or moving raised leg around. Do this when simple balancing becomes too easy

Ankle Sprain



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Injury Description

Ankle sprains are the nemesis of many an active sports participant. Immediately painful and incapacitating, the injury can often develop into a chronic problem. If treated quickly and properly, the ankle should heal well, and allow a safe and early return to activity.

The injury is usually a result of the ankle turning in. Ankle sprains may be graded into three degrees of severity. The severity of the injury will dictate how long it will take before you can return to full activity.

Degrees of Sprains

The first degree injury is the most common and most minor if not neglected. It is actually a sprain of ligaments connecting the bones of the ankles. They are stretched but not torn, with very little swelling and no instability. The person is usually back to sports within a couple of weeks.

The second degree injury is more serious. The ankle ligaments are partially torn. There is some blood in the tissues and there will be bruising of the ankle after a couple of days. This condition requires at least 3-6 weeks before return to full activity.

The third degree injury is the most severe. It is a more serious tear of the ligaments, but rarely requires surgery. It takes 8-12 months for ligaments to fully heal in third degree injury.

Treatment

The treatment is divided into four stages, with the objective being an early return to normal functioning.

Stage 1 (up to 72 hours)

Initially the pain and swelling must be reduced.

1. Ice the ankle during the day for 15-20 minutes every two hours.
2. Compression of the ankle will limit the swelling. A tensor bandage is usually sufficient but a therapist or doctor may apply a more effective support.
3. Elevate the ankle as much as possible.
4. Your doctor may prescribe pills to alleviate pain and reduce the swelling and inflammation.

Stage 2 (1st week)

You can walk on the ankle as soon as it feels comfortable. Crutches can be used as partial support when you begin to walk. Further support for your ankle will be needed in the form of tape or a brace. After an injury your ankle will get stiff. It is important to maintain the range of motion of your ankle.

Stage 3 (second week or longer)

The crucial part of the treatment is rehabilitation. Physiotherapy is the best way to improve your ankle strength and flexibility. A home program is also important.

Stage 4 (variable)

It is important that your ankle be strong before you return to activity. Too early a return may lead to re-injury and chronic problems. When you can stand on the toes of your injured ankle for 20 seconds, and hop on your toes 10 times, you can begin to run. Initially you should only be jogging in a straight line. As you continue to get stronger you can progress to large figure eights and zig-zag running. Agility exercises such as stair stepping, skipping, running backwards and cross-stepping are excellent for fine tune strength and balance.

Your ankle should be protected during activity for at least 6 months post-injury. This can be done with either taping or an ankle brace.

Exercises

An ankle sprain is one of the most common injuries to re-occur. Therefore, the most important part of the treatment is a thorough strengthening and balance program to restore full stability and function and prevent re-injury.



Turn page for exercise guide