

# ANKLE SPRAIN - Phase 3

## YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around the ankle as well as improve balance and joint position sense (proprioception) of your ankle. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your injury. The following leaflet includes some exercises to help in your rehabilitation.

## GUIDANCE FOR STRETCHING EXERCISES

Hold all the stretches for 20 seconds each and repeat them five times

on each leg. It is important to stretch the uninjured muscles so that both legs reach a similar point of flexibility.

## PROGRESSION SPEED

Your therapist will advise you on the speed you should progress on the strengthening/movement control and proprioception progression programme. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. Remember poor practice leads to poor performance and potential strain on your injury. If at any time you feel pain or discomfort stop the exercises and consult your therapist.



### ONE LEG STAND PASSING A BALL EYES CLOSED

Stand on one leg with your eyes shut, try to keep your balance. Pass a ball around your body using both hands. This is a challenging exercise, and its benefits include strengthening the muscles and ligaments around the ankles and knees, and improving balance.

SETS	REPS
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Video:  
<http://youtu.be/I085xDk5ZCo>

### PLYOMETRIC CALF AND QUAD RAISE

Step up onto the step or bench, and drive your knee upwards towards the ceiling. Bring your knee back down and foot off the step. One foot will always stay on the step, while the other will come on and off the floor. Keep the speed of the exercise brisk. This is a strengthening exercise for the calf muscles and lower leg. Repeat one sided, then switch to your other leg.



SETS	REPS
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Video:  
<http://youtu.be/TLyrvatVIWU>



### SIDE STEP ACROSS

Stand with your legs shoulder-width apart, and step across (in front) of your other leg, then return to the start position and repeat to the other side. It's a useful co-ordination exercise during ankle and knee rehabilitation. You can make this a little harder by closing your eyes.

SETS	REPS
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Video:  
<http://youtu.be/nIF57GeA87I>



### CALF RAISES ONE LEG STEP

Stand on a step, hold onto a hand rail for balance if required. Slowly raise up onto your toes, and control the movement back down just below the level of the step. This exercise will strengthen the calf muscle and ankle joint, but at the bottom of the movement put a stretch through the calf as well.

SETS	REPS
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Video:  
<http://youtu.be/Ovzq9hIKOSk>



### DOUBLE LEG HOP (LATERAL)

Bend your knees, and keep your feet shoulder width apart. Jump to one side, and then the other side, then repeat. Once you are able to land softly and in a controlled manner (no wobbles) and without pain, progress the exercise by doing it with a single leg. Start standing on one leg, then hop and land on that same leg.

SETS	REPS
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Video:  
<http://youtu.be/qsEiZMdBcJO>

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