Ankle Sprain Home Exercise Program

Long Sitting Calf Stretch with Strap

Rep: 5 Sets: 3 Hold (sec): 15 Weekly: 5x Daily: 3x

Setup
Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement
Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip
Make sure to keep your knee straight during the stretch.

Long Sitting Ankle Plantarflexion with Resistance

Rep: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 3x

Setup
Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your other foot with the end held in your hand.

Movement
Bend your foot away from your body, creating further tension in the band.

Tip
Make sure to keep your toes relaxed and maintain good sitting posture.

Ankle Inversion with Resistance and Legs Crossed

Rep: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 3x

Setup
Begin sitting upright in a chair with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement
Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip
Make sure to avoid any hip movement.
Long Sitting Ankle Eversion with Resistance

**Setup**
Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

**Movement**
Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

**Tip**
Make sure to avoid any hip movement.

Seated Ankle Alphabet

**Setup**
Begin by sitting upright on a table or bed with both legs hanging off the edge.

**Movement**
Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

**Tip**
Make sure to keep your upper leg still as you move your foot.

Single Leg Stance

**Setup**
Begin in a standing upright position with your arms resting at your sides.

**Movement**
Lift one foot off the ground. Hold this position.

**Tip**
Make sure to maintain your balance and keep your back straight during the exercise.