

Exercise plan:
Ankle Sprain

Patient:
Mrs Julie Dass

Date:
03rd Apr 2017

Active plantar flexion both sides

Sit on the floor (or lie down) with your legs out straight. Bend your ankles towards the ground. This exercise will increase mobility in your ankle joints.

Video: <http://youtu.be/KjhkvZLV2ak>



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Active dorsiflexion in sitting two feet

Sit on the floor with your legs out straight. Bring your toes and feet towards you, then gradually control the movement back down. This will improve mobility in your ankles. You can also hold the stretch to create a calf muscle stretch.

Video: <http://youtu.be/ilaUgwF4WeA>



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Heel raises sitting

Sit upright on a chair, with your feet flat on the floor. Slowly raise your legs up onto your toes. Hold, and gradually control the movement back down to the starting position. This is a useful calf pump exercise to improve circulation to your lower legs, as well as improving mobility of the ankle joints.

Video: <http://youtu.be/aujGDKa4o8k>



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Active dorsiflexion chair one foot



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Sit down with your feet flat on the floor. Slowly lift your toes up on one side, but keeping your heel on the ground. Hold, then gradually control the movement back down. This acts as a calf pump, but also mobilises the ankle joint. You can also hold a stretch.

Video: <http://youtu.be/c97V2MZQYdM>

Tip toe walking



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Walk on tip toes. Start by doing it in trainers, but when you get more confident do it in bare feet. It's a fantastic foot, ankle and leg strengthening exercise to the ligaments and muscles. It also helps improve balance.

Heel walking



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Walk forwards on your heels. Start the exercise wearing trainers, and progress to bare feet as your feet get stronger. Use a wall to provide support if required. This is a great foot and ankle strengthening exercise, and improves balance.

Video: <http://youtu.be/tepDPo5RhOk>

Ball control

Sit upright on a chair. Place a ball underneath your foot. Practice moving the ball in different directions. Start forwards and backwards, and then side to side. It's a good control exercise for the ankle, especially after injury.

Video: http://youtu.be/_XqCom9plg0



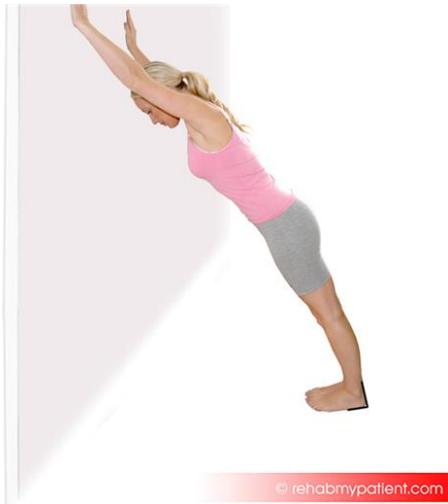
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Calf raises two legs step

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 muscles and ankle joints, but at the bottom of the movement put a stretch through the calves as well.

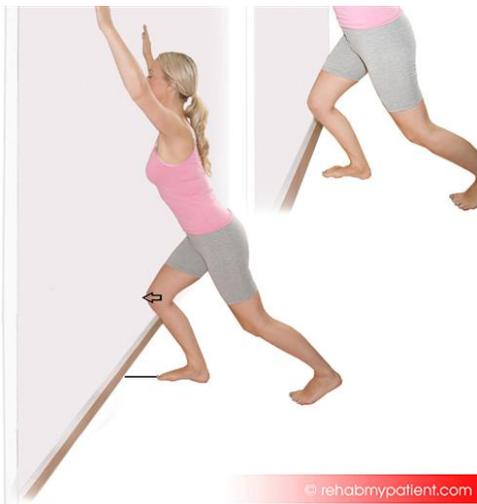
Video: http://youtu.be/jfKTT_hr8bk



Gastrocnemius stretch

Stand facing a wall, with your feet together and your hands flat against the wall. Both your feet should be facing forwards and your back heels resting on the ground and your knees straight. You should feel a stretch to the leg at the back, in the calf muscles (known as the gastrocnemius).

Video: <http://youtu.be/EFnLIHNbQQ>



Soleus stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).

Video: http://youtu.be/3FnsmjQ_lyk



Active inversion bilateral

In sitting, move your feet inwards and upwards, keeping your heels on the ground. This is a mobility exercise for the ankles.

Video: http://youtu.be/vf0ip_yABp4



Active eversion bilateral

In sitting, move your feet outwards and upwards, keep you heels on the ground. This will improve mobility to your ankles.

Video: <http://youtu.be/TogfLIEmEhY>



Plantar fascia strengthening

In sitting, lift your heels on to the balls of your feet or your toes. Press your heels against each other. You will feel a contraction in the soles of your feet, used as a strengthening exercise to the plantar fascia and intrinsic foot muscles.

Video: <http://youtu.be/nHZusrfZC7Y>



One leg stand eyes closed

Stand on one leg with your eyes closed. Try to keep your balance. Be very careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise with your eyes closed is an enormously valuable and quite difficult exercise, and should not be thought of lightly, it has many benefits including strengthening the muscles and ligaments around the ankles and knees, improving balance, and co-ordination.

Video: <http://youtu.be/zApChixB2MQ>

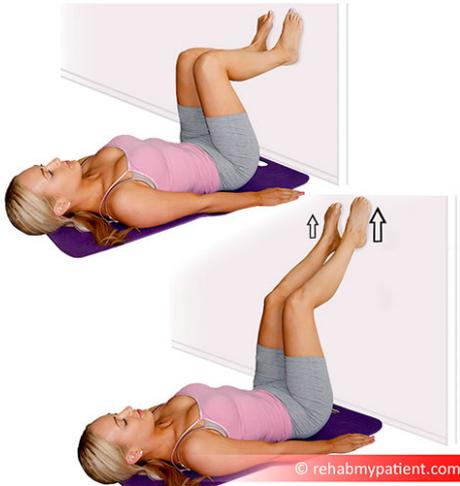


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Alphabet ankle sitting

Sitting bare foot, lift your foot off the floor. Use your toes and ankle to draw letters of the alphabet. Start with "a" and then progress right through the alphabet to "z". Keep each letter and movement controlled and specific.

Video: <http://youtu.be/foZVMfN2608>



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Creeping feet

Adopt the supine start position, with your feet placed up against a wall hip-width apart. Place your knees and hips at right angles to each other. This can also be performed sitting on a chair with your feet on the floor. Breathing naturally throughout, pick your toes up and spread your feet as wide as possible onto the wall. Lift up the arches of your feet and glide your heels up the wall. Keep your feet in contact with the wall at all times. Continue creeping your feet up the wall until they can no longer remain flat. Bend your knees as you slide your feet back down the wall, returning to the start position.

Video: http://youtu.be/_I6NT2n3I6c



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Crutches - how to walk if you cannot weight bear on one leg

Place the crutches in front of you, and then move your weaker limb forward, then bear all your weight down through the crutches and move your stronger unaffected limb forward. Repeat. This is an excellent method of walking if you cannot put any weight through one leg.



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Crutches - walking with weakness/poor co-ordination in both legs

Use the left crutch, then your right foot, then the right crutch, then your left foot. Then repeat. This method provides excellent stability as there are always three points of contact with the ground.

Video: <http://youtu.be/b54NZiuGCN0>

