

Christopher P. Miller, MD
Brianna Whitehouse, PA-C
617-667-3940

Ankle Sprain At Home Exercises

There is no substitute for common sense.

The exercises below can all be performed at home after sustaining an ankle injury. If you feel you are having pain or any concern with an activity please stop, rest and try to advance again after a couple of days. Call my office if you have any concerns.

1. Alphabet Exercises

- Trace the alphabet in the air with your big toe initiating the movement. This encourages ankle movement in all directions.
 - *Trace the alphabet 1 to 3 times as tolerated. Perform 2-3 times per day.*

2. Ankle/Calf Stretching Exercises

- To stretch the calf: Stand facing a wall. Press your palms against the wall. Bring your non-injured leg in front of you and bend the knee on this (the non-injured side) until it is directly over the toes. The injured side should remain straight. Slowly move the injured leg backward until you feel a calf stretch. *Hold for 30 seconds.*
 - *Number of stretches/set: 3-5 x 30 seconds each. Perform 3-5 sets per day*



- To stretch the ankle: Stand facing a wall. Press your palms against the wall. Bring your injured leg forward (towards the wall) and keep your non-injured leg straight behind you. Bend the knee on the injured side as far as it can go over the toes. *Hold for 30 seconds.*
 - *Number of stretches/set: 3-5 x 30 seconds each. Perform 3-5 sets per day*



3. Toe Raises

- Holding a fixed object, push up off your toes and slowly return back down.
- Once these become easy, progress to single leg. Push up off both feet then lower back down on the injured leg only. You may also try both pushing up off of and returning down on the injured leg only should both become easy.
 - *Perform 15-30 times, 1-2 times per day*



4. Ankle Strengthening Exercises (against resistance)

- Ideally performed with a Thera-band

- **Dorsiflexion**

- With Thera-band anchored to a fixed object, loop around the top of your foot. Slowly bring your toes up towards you, “toes towards your nose.”
- *Perform 15-30 times, 1-2 times per day*



- **Plantarflexion**

- This time you hold the ends Thera-band and loop around the bottom of your foot. Slowly press downward, like you a pushing on a gas pedal.
- *Perform 15-30 times, 1-2 times per day*



- **Inversion**

- With Thera-band anchored to a fixed object, loop around the mid-portion of your foot. Slowly move your foot towards the midline of your body, “point your toes inward.”



- **Eversion**

- With Thera-band anchored to a fixed object, loop around the mid-portion of your foot. Slowly move your foot away from the midline of your body, “point your toes away from you.”



5. Ankle Balance Exercise

- Stand on your injured leg. Lift your non-injured leg off the ground. Spread your arms out wide then bring them in toward you, across your chest. Repeat this arm movement continuously while all of your weight remains on the injured leg/ankle only. Keep your eyes open while performing this exercise initially.
- Once this becomes easy, perform the same exercise, this time with your eyes closed. Have a fixed surface in front of you, that way if you start to lose your balance, you will have something to grab/hold on to.
 - *Number of sets: Perform for 60 seconds each, 3-5 times per set. Perform 3-5 sets per day*



** Many of these exercises you can do at home without equipment. Please visit our website at www.christophermillermd.com for information regarding Thera-bands for resistance exercises as well as general information regarding our practice. **

We are committed to helping you recover from injury. If you have any further questions, please feel free to contact the office at 617-667-3940