

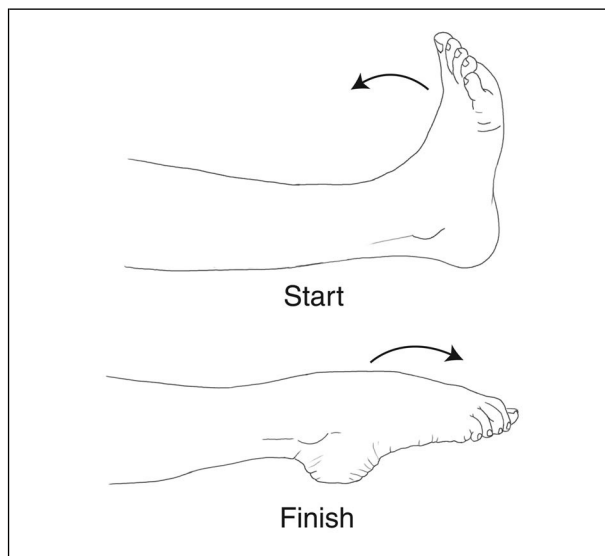
Exercise Program for: \_\_\_\_\_

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## HOME EXERCISE PROGRAM FOR ANKLE SPRAIN

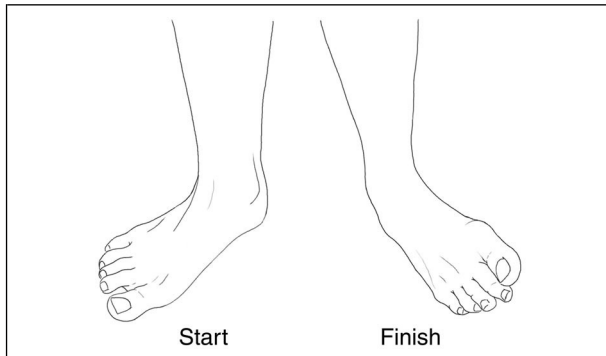
To prevent inflammation, apply a bag of crushed ice or frozen peas to the ankle for 20 minutes after performing the exercises. You should not experience pain with the exercise. If you continue to experience pain or limited mobility of the ankle after performing the exercises for 2 to 3 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Ankle curls	Anterior tibialis Gastrocnemius-soleus complex	25 repetitions/3 sets, progressing to 45 repetitions/3 sets	Daily	2 to 3
Ankle eversion/inversion	Posterior tibialis Peroneus longus and peroneus brevis	25 repetitions/3 sets, progressing to 45 repetitions/3 sets	Daily	2 to 3



### ANKLE CURLS

Find a position where your weight is off your feet, such as lying on a bed or on the floor or seated on a chair. Pull your toes toward you and then extend them as far as possible. Begin with 3 sets of 25 repetitions and increase gradually to 3 sets of 45 repetitions. Perform the exercise daily, continuing for 2 to 3 weeks.



## ANKLE EVERSION/INVERSION

Find a position where your weight is off your feet, such as lying on a bed or on the floor or seated on a chair. Slowly move your foot from side to side, keeping the lower leg motionless and moving only at the ankle. Begin with 3 sets of 25 repetitions and increase gradually to 3 sets of 45 repetitions. Perform the exercise daily, continuing for 2 to 3 weeks.