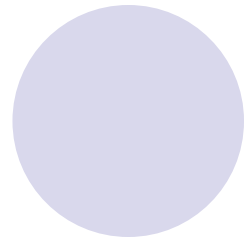
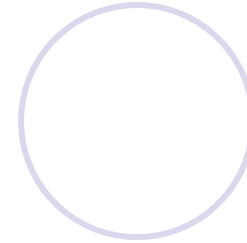
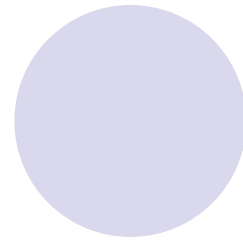
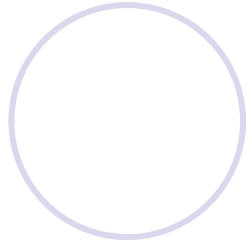
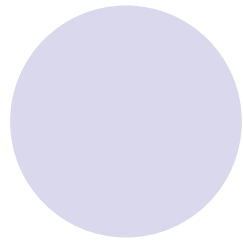




# Self-care of ankle sprains



Physiotherapy Department  
Moncton Hospital



- When can you start?
  - After being diagnosed by a Doctor for an ankle sprain
- What will you do?
  - a few exercises everyday
- For what reason?
  - to help reduce any initial symptoms (pain and swelling), to maintain ankle stability, and to help a return to pre-injury functional level.

# Physiotherapy treatments



- To help with the pain and the swelling
  - R.I.C.E.
    - R = rest the ankle
    - I = icing the ankle
    - C = compression of the ankle
    - E – elevation of the ankle joint
  - Contrast baths
  - Exercises
    - To gain movement (first 1-2 weeks)
    - To gain strength (start 2<sup>nd</sup> week following injury)
    - To gain stability (start 4<sup>th</sup> week following injury)

# RICE

- Rest = making sure you don't do too much; what can wait, should wait. Use pain as your guide when standing/walking. As your pain decreases, gradually increase your activity.
- Ice = icing the ankle for about 10-12 minutes 4-5 times a day
- Compression = having a sock or taping around ankle to prevent any additional swelling
- Elevation = lifting the ankle joint so it is higher than the hip for periods of 15-20 minutes



# Contrast baths



- To help with the swelling
- Need 2 buckets: 1 with warm water, 1 with cold water
- Start by dipping ankle in warm water for 2 minutes, then immediately after dip ankle in cold water for 1 minute, immediately after in warm water again for 2 minutes...
- Repeat the cycle 5 times, finishing with the warm water

# Exercises – to gain movement (1-2 week)

- Start by soaking your ankle in warm water for 15 minutes to loosen up the muscles

- **Towel calf stretch**

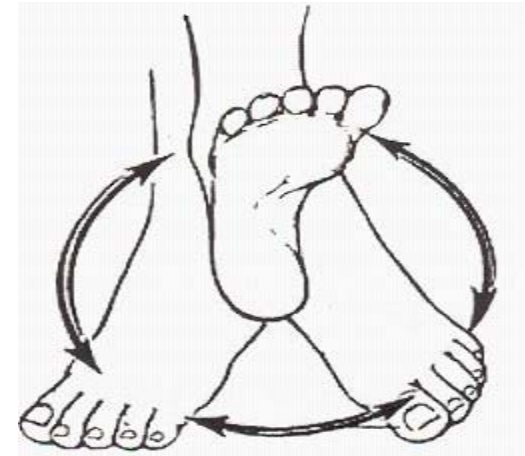
- Sit with knee straight and towel looped around the foot. Gently pull on towel until a comfortable stretch is felt in the calf. Hold for 15-30 seconds. Repeat 3 times. Do 2 times per day.



# Exercises – to gain movement

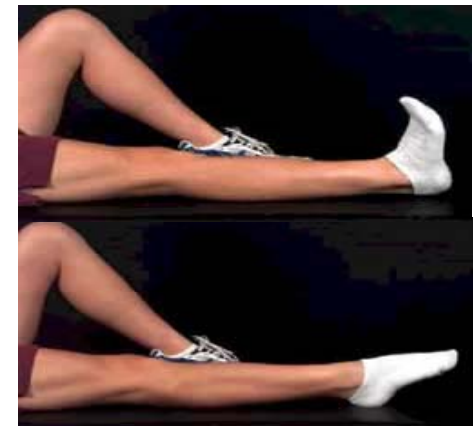
## ● Ankle circles

- Slowly rotate foot/ankle clockwise and counterclockwise. Gradually increase circle size. Avoid pain.  
Repeat 10 times.  
Do 30 times total.  
Repeat 2-3 times per day.



## ● Foot up/Foot down

- Relax leg. Gently bend and straighten ankle. Move up and down as far as you can. Avoid pain.  
Repeat 10 times  
Do 30 times total.  
Repeat 2-3 times per day



# Exercises – to gain movement

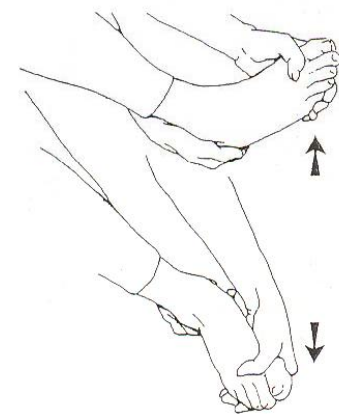
## ● Foot towards outside/inside

- Gently grasp foot and bend ankle/foot inward and outward.

Hold 15-30 seconds.

Repeat 3 times.

Do 2-3 times per day.



# Exercises – to gain strength (2-4 weeks)

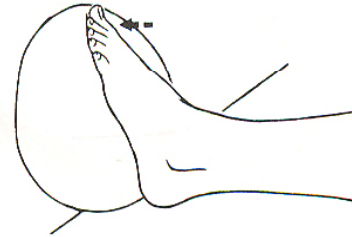
## ● Pushing foot down

- Press foot into ball, cushion, rolled towel or rolled pillow against wall.

Hold 5 seconds

Repeat 8-10 times.

Do 2-3 times per day.



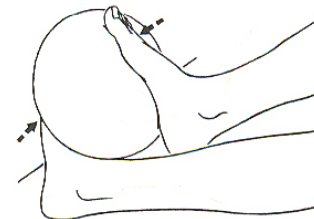
## ● Pushing foot up

- With ball, cushion, rolled towel or rolled pillow between feet, squeeze feet together. Place injured foot underneath.

Hold 5 seconds.

Repeat 8-10 times.

Do 2-3 times per day.



# Exercises – to gain strength

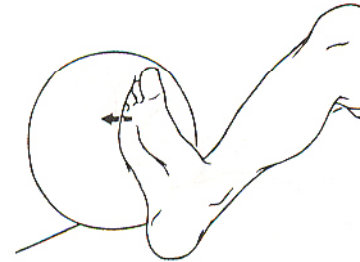
## ● Pushing foot outwards

- Press outer side of foot into ball, cushion, rolled towel or rolled pillow against wall.

Hold 5 seconds

Repeat 8-10 times.

Do 2-3 sessions per day.



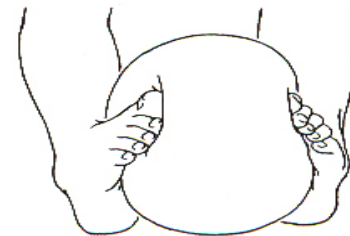
## ● Pushing foot inwards

- Press inner side of feet into ball, cushion, rolled towel or rolled pillow between feet.

Hold 5 seconds.

Repeat 8-10 times.

Do 2-3 sessions per day.



# Exercises – to gain stability (4 weeks)

## ● Standing with equal weight on feet

- Stand in front of chair, kitchen table or kitchen counter and try to place even weight on both feet. Once you are able to, repeat with eyes closed.

Maintain position for at least 10 seconds.

Repeat 3 times.

Do 2-3 times per day.

## ● Single leg stance

- Stand in front of chair, kitchen table or kitchen counter and try to stand only on the injured foot. Once you are able to do this safely (without losing balance), repeat with closed.

Maintain position for at least 10 seconds.

Repeat 3 times.

Do 2-3 times per day.



# Exercises – to gain stability (4 weeks)

- **ONLY WHEN ABLE TO DO PREVIOUS EXERCISES WITHOUT LOSING YOUR BALANCE OR FALLING**
- Standing on pillow with equal weight on feet
  - Stand on a pillow in front of chair, kitchen table or kitchen counter and try to place even weight on both feet. Once you are able to, repeat with eyes closed. Maintain position for at least 10 seconds. Repeat 3 times. Do 2-3 times per day.
- Single leg stance on pillow
  - Stand on a pillow in front of chair, kitchen table or kitchen counter and try to stand only on the injured foot. Once you are able to do this safely (without losing balance), repeat with eyes closed. Maintain position for at least 10 seconds. Repeat 3 times. Do 2-3 times per day.