

INVERSION ANKLE SPRAIN

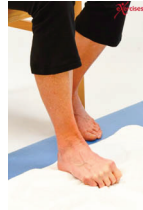
NAME: _____

DATE: _____



1. Alphabet Writing

Begin seated in a chair with good posture. Extend one leg. Attempt to write the alphabet from A through Z with your toes, moving the ankle in all directions. Switch sides and repeat 3 times.



2. Towel Scrunches

Begin seated in chair. Place a towel flat on floor. For best results, place the towel on a hard, smooth surface. Grasp the towel with your curled toes pulling inward. Release, re-grasp and repeat until end of towel is reached. Perform 3 sets of 10 repetitions.



3. Resistance Band Plantar Flexion

Begin seated on the floor with one leg extended. Maintain proper sitting posture. Place resistance band around the foot of your extended leg. Your toes should be pointed upward. Point the toes downward or away from body. Perform 3 sets of 10 repetitions.



4. Resistance Band Dorsi Flexion

Begin seated on the floor with one leg extended. Maintain proper sitting posture. Anchor the resistance band in a door and place the opposite end around the foot of your extended leg. Your toes should be pointed downward. Point the toes upward toward the ceiling. Perform 3 sets of 10 repetitions.



5. Ankle Eversion with Band

Begin seated in a chair. Place the resistance band around your forefoot anchoring the opposite end to a firm structure. Place both hands in a fist position between knees. Maintain alignment between kneecap and second toe. Knee should also be at 90 degree angle. Lift your forefoot off the floor and move outward in a scooping type motion against the resistance band. The hand placement between knees should maintain a proper knee/ankle alignment. Perform 3 sets of 10 repetitions.



6. Standing Calf Stretch

Begin standing with the leg to be stretched extended behind body. The leg should be straight with the heel on ground. Slowly lean forward, putting your weight onto front leg while maintaining a straight leg and heel-floor contact. You should feel a gentle stretch in the upper calf muscle. Hold for 20-30 seconds and repeat 2-3 times.