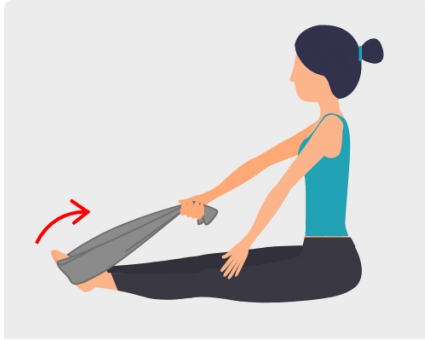


Easy Exercises to Reduce and Relieve Ankle Sprains

Time to Completion: 10 minutes

EXERCISE 1: ANKLE TOWEL STRETCH - [REPEAT 3 TIMES](#)



STEP 1

Sit on a hard surface with one or both legs stretched out in front of you. Loop a towel around your toes and the ball of your foot.

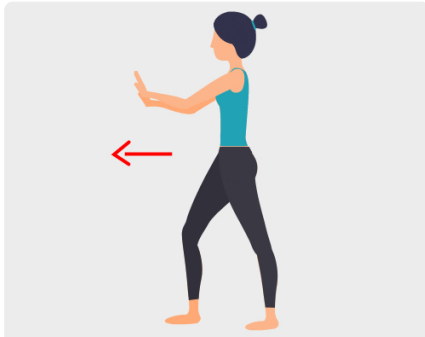


STEP 2

Pull the towel toward your body keeping your knee straight. **Hold for 15 second.**

HOLD FOR 15 SECONDS

EXERCISE 2: STANDING CALF STRETCH - [REPEAT 3 TIMES](#)



STEP 1

Facing a wall, put your hands against the wall at eye level. Keep one leg back with the heel on the floor, and the other leg forward.

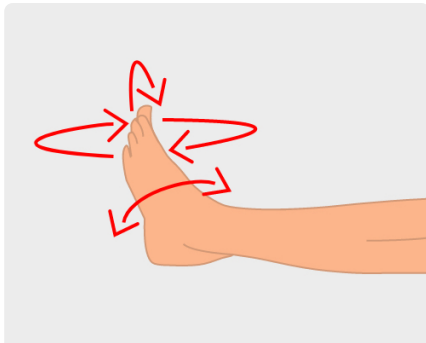


STEP 2

Turn your back foot slightly inward as you slowly lean into the wall until you feel a stretch in the back of your calf. **Hold for 15 second.**

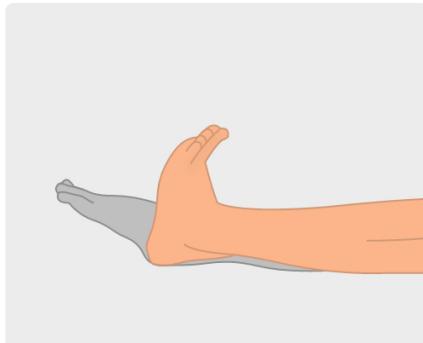
HOLD FOR 15 SECONDS

EXERCISE 3: ANKLE RANGE OF MOTION - [REPEAT 10 TIMES](#)



STEP 1

Sit or lie down with your legs straight and your knee toward the ceiling.



STEP 2

Move your ankle up and down by pointing your toes toward your nose, then away from your body; in toward your other foot and out away from your other foot.

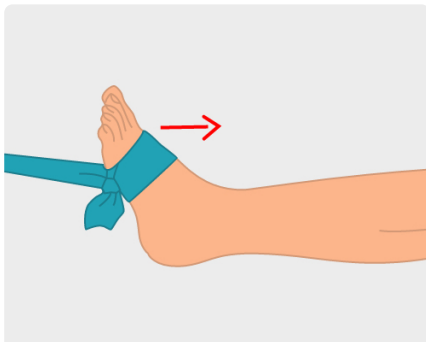


STEP 3

HOLD FOR 1 SECONDS

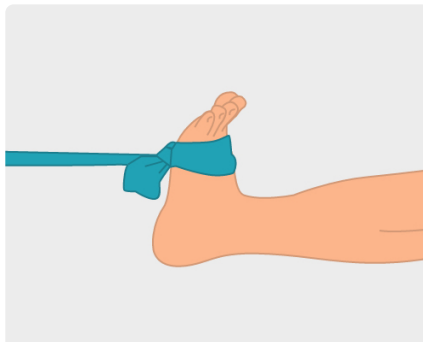
Move your ankle in circles.

EXERCISE 4: RESISTED ANKLE DORSIFLEXION - REPEAT 10 TIMES



STEP 1

Sit with one leg out straight and your foot facing a doorway. Tie a loop in one end of elastic band. Put your foot through the loop so that the band goes around the arch of your foot. Tie a knot in the other end of the band and shut the knot in the door.

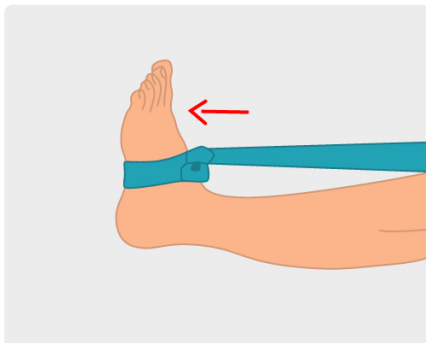


STEP 2

HOLD FOR 1 SECONDS

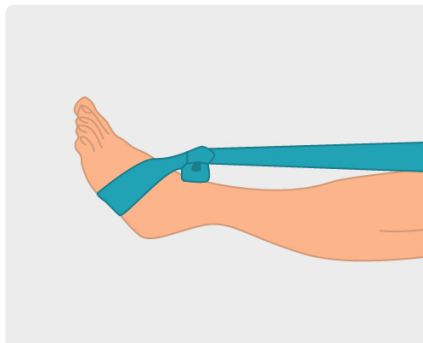
Move backward until there is tension in the band. Keeping your knee straight, pull your foot toward your body, stretching the band. Slowly return to the starting position.

EXERCISE 5: RESISTED ANKLE PLANTARFLEXION - REPEAT 10 TIMES



STEP 1

Sit with your leg outstretched and loop the middle section of the band around the ball of your foot. Hold the ends of the band in both hands.

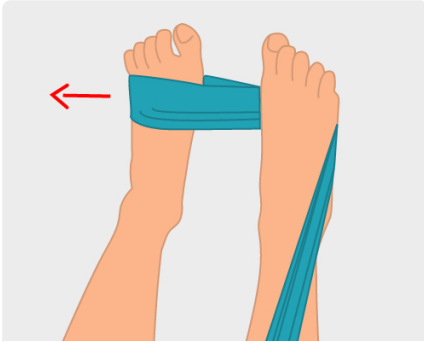


STEP 2

HOLD FOR 1 SECONDS

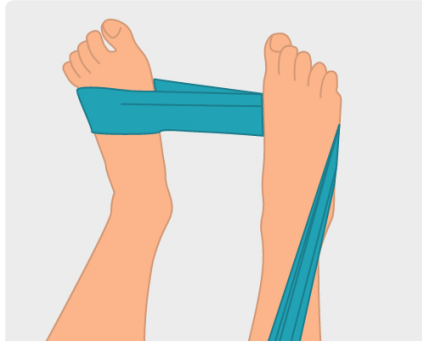
Gently press the ball of your foot down and point your toes, stretching the band. Return to the starting position.

EXERCISE 6: RESISTED ANKLE EVERSION - [REPEAT 10 TIMES](#)



STEP 1

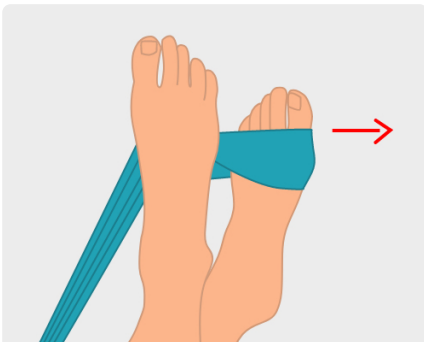
Sit with both legs stretched out in front of you, with your feet about a shoulder's width apart. Tie a loop in one end of elastic band. Put one foot through the loop so that the band goes around the arch of that foot and wraps around the outside of the other foot. Hold the other end of the band in your hand.



STEP 2

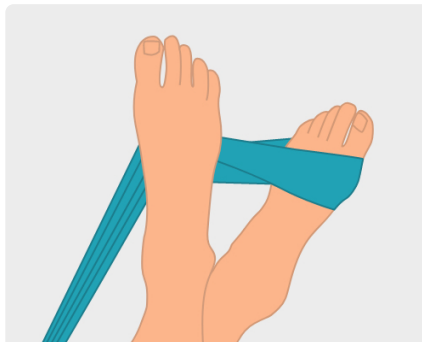
Turn the foot with the band up and out. Return to the starting position.

EXERCISE 7: RESISTED ANKLE INVERSION - [REPEAT 10 TIMES](#)



STEP 1

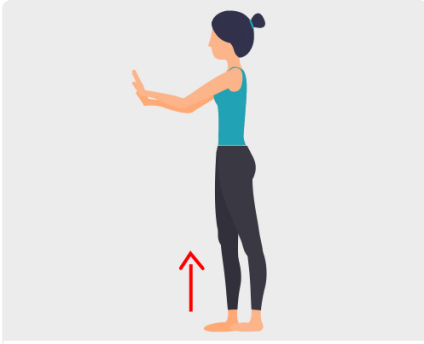
Sit with both legs stretched out in front of you, with your feet about a shoulder's width apart. Tie a loop in one end of elastic band. Put one foot through the loop so that the band goes around the arch of that foot and wraps around the outside of the other foot. Hold the other end of the band in your hand.



STEP 2

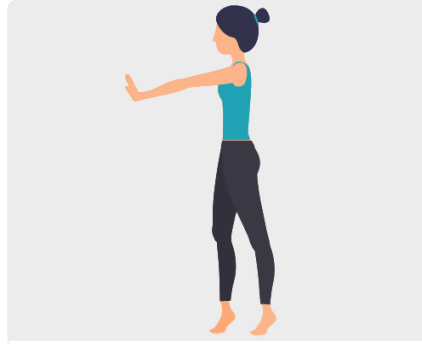
Turn the foot with the band up and out. Return to the starting position.

EXERCISE 8: HEEL RAISES - [REPEAT 10 TIMES](#)



STEP 1

Balance yourself while standing behind a chair or counter.



HOLD FOR 5 SECONDS

STEP 2

Using the chair to help you, raise your body up onto your toes. **Hold for 5 seconds**,. Then slowly lower yourself down.

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