

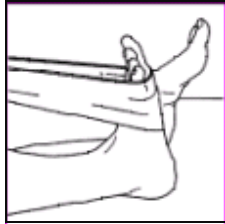
Flexibility

Sit with leg out in front of you. Put a band around your foot.

Gently pull the band and feel a stretch in your calf.

Hold for 30 seconds.

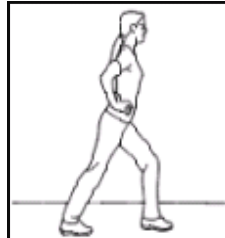
Repeat __10__ times



Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Lean your body forward and down until you feel the stretching in the calf of the straight leg.

Hold for 30 seconds –relax.

Repeat __10__ times.



Stand in a walking position with the leg to be stretched behind you. Hold onto a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold for 30 seconds – relax. Repeat __10__ times

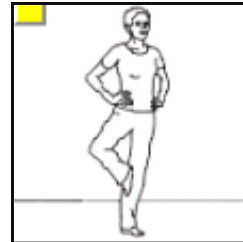


Balance Exercises

These exercises are designed to help regain balance and control of the ankle joint.

They can be started once you are able to fully weight bear on your ankle.

Try to stand on one leg for 10 to 30 seconds. Increase the intensity by doing this with your eyes closed.



Dynamic Strengthening Exercises:

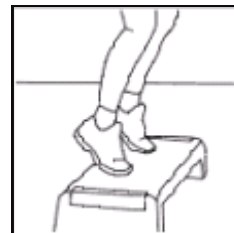
Strengthening exercises can be started once joint swelling and pain is controlled and

the ankle range of movement has improved.

Stand with your heel over the edge of a step.

Raise up on the ball of your foot, hold for 3 seconds and slowly lower your heel to the start position.

Repeat __10__ times



Ankle Sprain



Physiotherapy Musculoskeletal Outpatient Service

If you have any queries please contact the Physiotherapy team at:
Armagh Community Hospital

Tel: 028 37414524

Craigavon Area Hospital

Tel: 028 37563025

Daisy Hill Hospital

Tel: 028 37562935

South Tyrone Hospital

Tel: 028 37565545

 Southern Health and Social Care Trust
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What is a Sprained Ankle?

An ankle sprain is an injury to some of the ligaments surrounding the ankle.

Simple sprains heal slowly over 6-12 weeks and you may have some pain and swelling for the first six weeks especially in the evening and after a lot of walking.

What can I do to get better?

Managing your ankle well in the first 72 hours after injury can help your body's own natural healing process. The P.O.L.I.C.E. regime is a quick and easy way to remember what you should do after you have sprained your ankle.

Protection - it is important to avoid further injury to the area by protecting damaged structures. This could be the use of a bandage/ supportive footwear.

Optimal Loading - gradually increase movement activity in your ankle as soon as possible while avoiding activities that cause pain. This can speed up your recovery period a walking aid may help to support initially.

Ice - can reduce the amount of swelling and pain. Apply ice/frozen peas wrapped in a damp towel to the injured area for 15- 20 minutes every two hours.

To minimise the risk of an ice burn, do not allow the ice to directly touch your skin directly, or use for longer than the recommended time or while you are sleeping.

Compression - will reduce bleeding

and swelling into the injury site. An elastic supportive bandage can be worn at all times except in bed, when applying ice and when washing. When swelling reduces, try and use the bandage less.

Elevation - When sitting, put your foot up so that it is higher than your hip, or lie flat with your ankle resting on a pillow - i.e. above your heart. This will reduce the amount of bleeding/swelling into the area.

Pain relief

You may need to take painkilling tablets for the first few days (which can be bought at the Pharmacy / or if prescribed by your GP or Emergency Department.

If pain and/or swelling becomes worse or does not improve after 72 hours or if you have had a significant fall/ trauma, please contact your Physiotherapist /GP or visit your local Emergency Department.

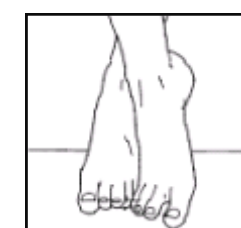
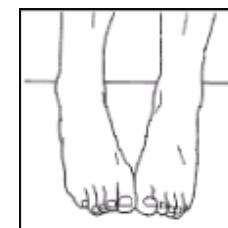
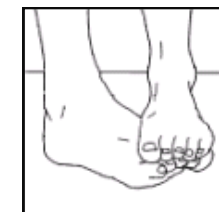
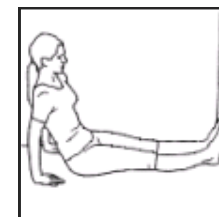
What Exercises will help with my recovery?

Mobilisation Exercises:

- Move the ankle through its entire range – up and down, in and out, circle clockwise and anticlockwise.
- With your leg out in front of you. Write the alphabet in the air with your toes.

Gentle Strengthening Exercises:

Gently push against an immovable object in the 4 directions of ankle movement – away from you, towards you, inwards and outwards.



Repeat each exercise ____10____ times