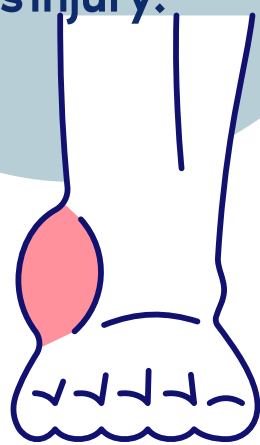


LATERAL ANKLE SPRAIN

Lateral ankle sprains are a common injury typically caused by rolling the ankle. This overstretches the ligaments and causes injury.



Signs and Symptoms

- Sharp pain at the time of injury
- swelling and bruising, depending on severity
- pain and tenderness to the touch
- may have limited ability to bear weight

Please see a physician or athletic trainer if unable to bear weight!

Recovery

1 Acute

This phase begins when you're injured. The goal of it is to decrease pain and swelling.

- Walking and weight bearing as soon as able without pain or changes to walking pattern
- Compression with ace wrap or compression sleeve, tighter at the bottom and looser at the top to encourage swelling reduction
- Ice baths for 10-15 minutes with ankle movements such as writing the alphabet.
- Alphabet exercise; with either your leg in the air or submerged in ice water, try to write the alphabet with your big toe with movement only coming from your ankle and foot.
- Towel scrunches: place a towel on the floor, keeping the heel down use your toes to scrunch the towel and pull it closer to you, once it cannot be brought any closer, unfurl the towel and start again

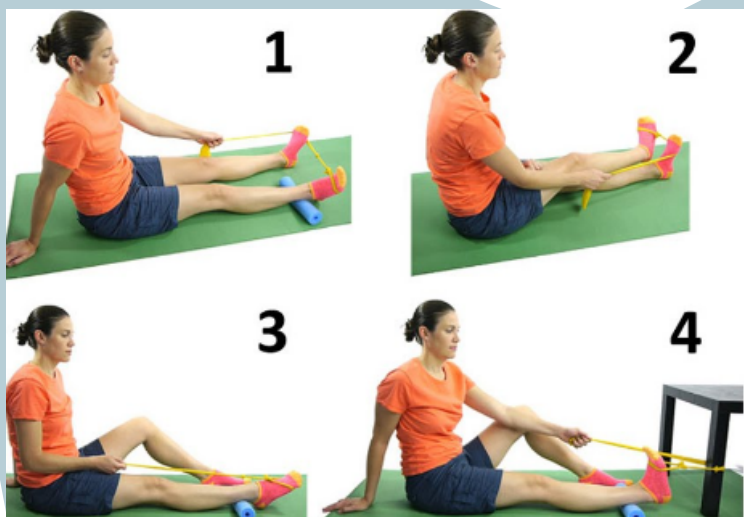


2 Functional

Transition from the acute phase to the functional phase can happen once patient is able to weight bear, walk without pain, and has minimal swelling. The goal of this phase is to return patient to normal life function. Rehabilitative exercises mainly focus on range of motion and strength.

- Standing stretch: face a wall and lean into the wall keeping your heel on the ground and knee straight, hold for 30 sec, repeat with knee bent





- **Step ups:** on a short step, step up then step back down. Move through a full range of motion slowly and controlled.



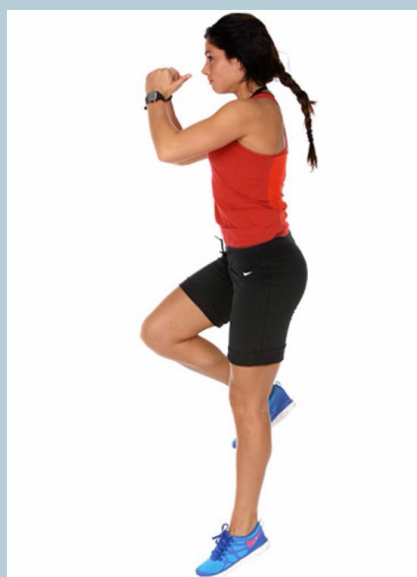
- **One-leg balance:** Standing on a flat surface on one leg try to balance for 30 seconds. If that is too easy, close your eyes or stand on a firm pillow.



3 Return to Sport

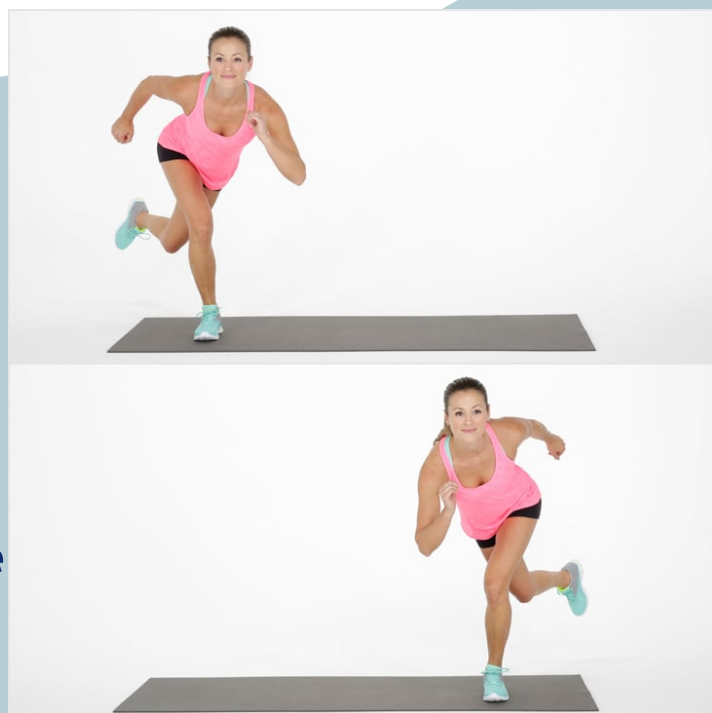
Transition from the functional phase to sport can happen once the patient has full ankle range of motion and equal single leg balance time. The goal of this phase is to return patient to full sport participation.

- **Calf Raises:** Standing on both feet with heels off the edge of a step keep your knees straight as you do a calf raise. The goal is to do 20 in a row. To advance them raise up with two legs, shift your weight to the injured side and slowly lower on that side. To advance them again, perform the calf raise balanced on one leg.



- **Hopping:** While on two legs jump in place performing 10 jumps in a row. If that is too easy attempt with a single leg, with the focus on balance and control.

- **Lateral Bound:** Begin by stepping from balanced on one leg as wide as you can laterally to the other. To advance, introduce speed then introduce a small jump in the middle until you are able to bound from side to side without pain or losing balance.



This is not an exhaustive list of exercises and more should be supplemented in at the discretion of a health care professional. Please seek medical attention if you are experiencing concerning symptoms or delayed healing.