

Ankle **S P R A I N**

Ankle sprains are a common injury. The ankle is a hinge joint and the bones and ligaments (*attach bone to bone*) determine its stability. A sprain is an injury to one or more ligaments. A sprain results from the joint being forced beyond its normal anatomical constraints. Inversion ankle sprains (*lateral ligaments*) are the most common. They occur when the ankle rolls outward when falling off a curb, sidewalk, or uneven terrain. Eversion sprains (*medial ligaments*) occur commonly after landing on another player's foot. Return to activity depends on the number of ligaments injured, amount of swelling and degree of instability.

Signs and symptoms:

- Point tenderness
- Swelling
- Ecchymosis (*discoloration*)
- Loss of motion
- Pain on movement and ambulation

Immediate treatment:

- Protection. Stabilize the ankle to prevent further injury.
- Rest as advised by physician or certified athletic trainer. Avoid unnecessary irritation.
- Ice the area for 20 minutes several times a day for the first 72 hours.
- Compression sleeve should be used to reduce swelling/bleeding in the ankle. (*compression wrap should be removed at night*)
- Elevate the ankle above the level of the heart to reduce swelling.
- Crutches can be used to assist with walking.
- Temporary use of anti-inflammatory. (*Aleve or ibuprofen*). Consult your physician for proper dosage.

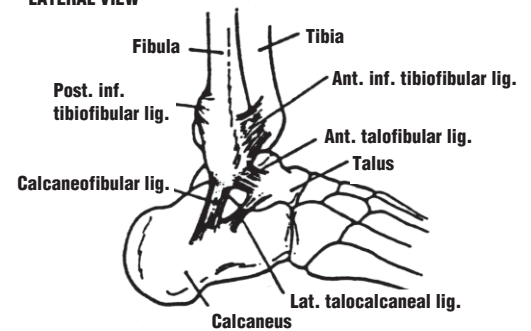
Rehabilitation:

- Rehabilitation program. Consult your physical therapist or certified athletic trainer. Begin with exercises 1-5 and progress as tolerated to 6-12.
- Obtain full range of motion.
- Proprioception/balance exercises (*awareness of body position*).
- Strengthening exercises. Strengthening of the muscles surrounding the ankle will help provide stabilization.

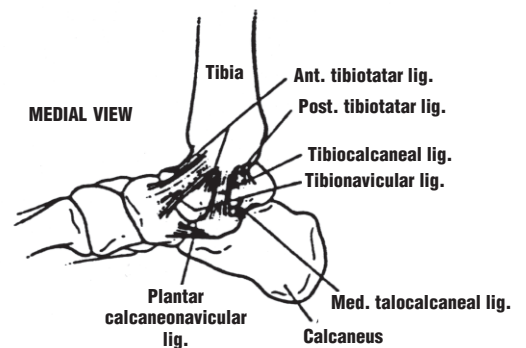
Return to play criteria:

- Fully rehabilitate ankle. Athlete should pass functional testing prior to return. These tests should include: jog, run, run with cutting, karaoke, hop on involved foot 10 times without pain, run in a figure 8, sport specific tests.
- Regain appropriate proprioception/balance. (*Athlete should be able to balance on one leg for one minute.*)
- Bracing/taping may be used for support and to facilitate a quicker return to sport.
- Continue strengthening activities following return to play.
- Wear shoes that are appropriate for the specific sport/activity.

LATERAL VIEW



MEDIAL VIEW



Exercises for Ankle Sprain



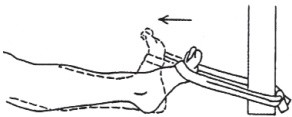
1. Ankle Pumping - 1 set of 30

Increase ROM and circulation by first pointing your toes downward, then up, in a slow steady motion. Do 1 set of 30.



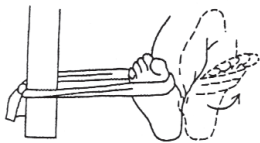
4. Achilles Stretch, Longsitting - 1 set of 5

While sitting with your knee straight, place a towel around the bottom of your foot, with an end in each hand. Slowly pull the towel until you feel a gentle stretch in your calf. Hold at least 20 seconds, then relax. Do 1 set of 5.



7. Dorsiflexion /w Elastic - 3 sets of 10

Attach an elastic loop to a stable chair leg with the other end around foot. Pull your toes and foot up towards your head, against the resistance. Go as far as possible, adjusting the resistance. Keep motions slow. Do 3 sets of 10.



10. Inversion, Elastic Resistance - 3 sets of 10

Attach an elastic loop to a stable chair leg. With your knees bent and heel on the floor, pull your foot in and up. Keep knee movement to a minimum. Now return slowly to the starting position. Do 3 sets of 10.



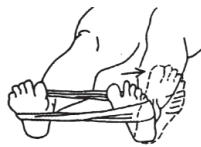
2. Ankle Alphabet - 1 set of 3

Sit comfortably with your legs stretched out in front of you. Now trace the letters of the alphabet with your big toe, making sure that the motion involves the ankle only. Do 1 set of 3.



5. Achilles Stretch, Gastroc - 1 set of 5

Stand facing a wall, with one foot in front of the other. Lean forward with your hands on the wall. Bend the front leg, leaving the rear leg straight and keeping both heels on the floor. Continue until you feel a gentle stretch. Hold for 20 seconds, then repeat with other leg forward. Do 1 set of 5.



8. Eversion, Elastic Resistance - 3 sets of 10

Sit on the floor with your knees bent. Put the elastic around both feet as shown. Slowly reach out and up with your ankle, trying to minimize knee movement. Slowly return to the neutral position. Do 3 sets of 10.



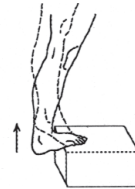
11. Balancing on One Leg

Lift your uninvolved leg as shown. Close your eyes. Now balance on one foot. Begin with brief times and increase to 1 minute. (Advanced: play catch or pass a ball around the waist.)



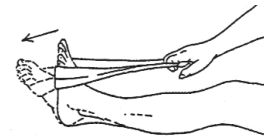
3. Toe Curling - 1 set of 5

With foot resting on towel, slowly bunch towel as you curl up your toes. Do 1 set of 5.



6. Toe Raises, on Step - 3 sets of 10 reps

Stand with the balls of your feet on the edge of a step, holding on to the rail for support. Slowly lower heel as far as possible. Hold for 3 seconds. Now rise on your toes, again as far as possible. Do 3 sets of 10.



9. Plantarflexion /w Elastic - 3 sets of 10

Sit on the floor with an elastic loop around your foot as shown. Press down as far as possible against resistance. Slowly return to the starting position. Do 3 sets of 10.



12. Heel Walking - 2 sets of 10

Lift your toes off the floor and walk on your heels. Try to keep your toes as far from the floor as possible. Walk about 5 feet. Do 2 sets of 10.