

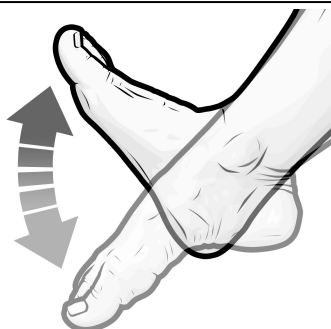


R.I.C.E.

R - REST: Avoid excessive activity or movement of your injury site. I - ICE: Ice the injured area (for 15-20 minutes every 2-4 hours) for the first 48 hours. C - COMPRESS: Compress the area with a bandage. E - ELEVATE: Elevate the injury site (ideally above the level of the heart).

SETS & REPS: N/A

FREQUENCY: N/A



ANKLE PUMP

Point your foot away from you and pull it back towards you in a smooth, rhythmical manner.

SETS & REPS: 20 reps

FREQUENCY: 5 x day

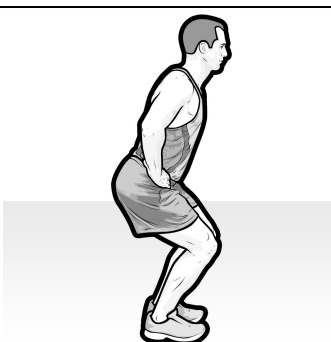


ANKLE INVERSION / EVERSION

Slowly turn the sole of your foot inwards as far as you can, then outwards as far as you can. Repeat this gentle movement.

SETS & REPS: 20 reps

FREQUENCY: 5 x day

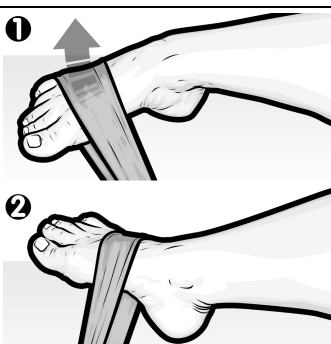


WEIGHT-BEARING DORSIFLEXION

With your feet a shoulder-width apart, squat down, flexing your ankles as far as you comfortably can. Return to standing and repeat.

SETS & REPS: 20 reps

FREQUENCY: 3-5 x day



RESISTANCE BAND EVERSION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed and turned in (1), turn your foot outwards against the resistance (2). Keep your foot pointed throughout the movement and do not move your leg. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: Daily



PHYSIMED

ANKLE SPRAIN

ACUTE INJURY MANAGEMENT

CREATED ON 14TH JUNE 2019 BY JOE BLOGGS

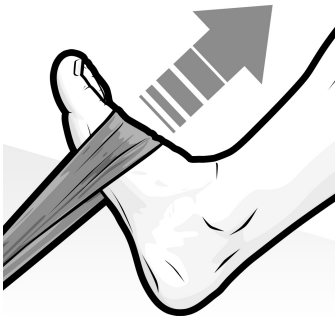


RESISTANCE BAND INVERSION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed and turned out (1), turn your foot inwards against the resistance (2). Keep your foot pointed throughout the movement and do not move your leg. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week

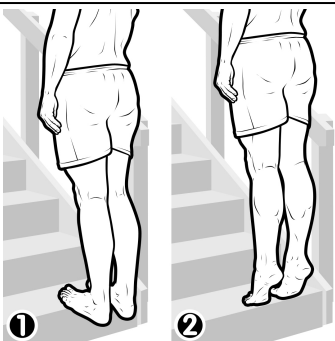


RESISTANCE BAND DORSIFLEXION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed, pull your toes back towards you against the resistance. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week



DOUBLE-LEG CALF RAISE

With the balls of your feet on the edge of a step and heels dropped down (1), slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week



SINGLE-LEG PILLOW BALANCE

Maintain your balance while standing on one leg on a pillow. As you improve, try closing your eyes.

SETS & REPS: 5 mins

FREQUENCY: 1 x day