



**St. Charles Orthopaedic**  
SURGERY ASSOCIATES

# Ankle Injuries and Exercises

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**Ankle sprains are a very common ankle injury, caused by the ankle turning in.**

## Types of Injuries

**First Degree.** This is the most common in which a ligament(s) is stretched but not torn. An injury like this results in little swelling and no instability. With this injury a person can expect to return to activity within a couple weeks.

**Second Degree.** Here ankle ligaments are partially torn, causing the ankle to swell immediately. This type of injury may require 3-6weeks rest before returning to activity

**Third Degree.** Is a more serious tear of ligaments, but rarely requires surgery, but may require 8-12 months for the ligament to heal.

## Causes:

- Previous Injury
- Worn-out shoes
- Uneven Surface
- Overweight
- Family History
- Inappropriate/worn-out shoes
- Weak/Imbalanced muscles

## Treatment

**Stage 1** (up to 72hrs): Reduce pain and swelling by applying ice and compression 60 minutes every 2 hours while elevating the affected leg. Apply tape or splint to immobilize ankle depending on severity of injury.

**Stage 2** (1<sup>st</sup> week): Begin walking as tolerated, using pain as a guide to determine how much activity is enough. Since the ankle will get stiff it is important to maintain full range of motion of your ankle; begin the stretching and range of motion exercises below.

### Calf Stretch



While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

### Ankle ABC's



While in a seated position, write out the alphabet in the air with your big toe.

### Calf Stretch



While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

### Calf Stretch



While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time.

**Stage 3** (2 week or longer): The crucial part of the treatment is a rehabilitation program to regain ankle flexibility and to strengthen supporting muscles; because the ankle must be strong before your return to activity. The other side of this pamphlet contains instructions and exercises to prepare you and test your readiness to return to activity.

### Seated Calf Raise



Start with your entire foot on the ground. Lift heel completely off ground

Reps 10 Sets 3

### Single Leg Stance



Stand on one leg and maintain your balance.

Hold 30 sec

### Ankle Inversion Tubing



While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Reps 10 Sets 3

### Ankle Eversion Tubing



Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Reps 10 Sets 3

### Ankle Planterflexion Tubing



While seated, use an elastic band attached to your foot and press your foot downward.

Reps 10 Sets 3

### Standing Calf Raise



While standing, raise up on your toes as you lift your heels off the ground.

Reps 10 Sets 3

### Balance and Reach



Stand on one leg and maintain your balance while reaching up and out.

Reps 10 Sets 3

### Five Star Balance/Reach



Place 5 cones in a semi circle. Stand in the middle of the semi circle. Now, while standing on one foot, reach with the opposite hand down towards the ground to touch a cone.

Continue standing on one foot and touch all 5 cones to complete one cycle. Reps 10 Sets 3

For questions call Dr. Melander at **(636) 62-SPORT**