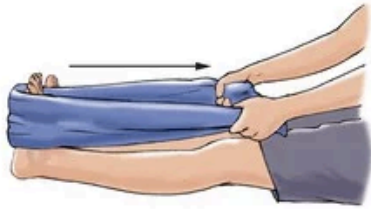


Ankle Sprain Rehabilitation Exercises



Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion

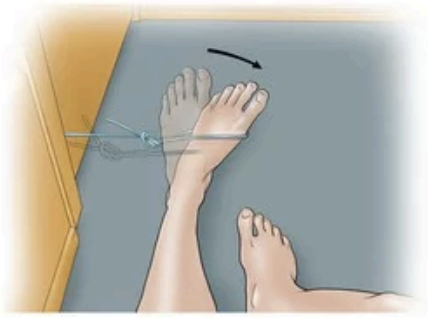


Resisted ankle plantar flexion

Instructions:

1. Avoid Jerky movements. Hold posture for count of 10 and repeat it 10 times.
2. This Document is a rough guide, Follow Instructions from your Doctor and Physiotherapist.
3. Any inconvenience or increase in pain should be reported to the Doctor/ Physiotherapist.

Ankle Sprain Rehabilitation Exercises



Resisted ankle inversion



Resisted ankle eversion



Heel raise



Step-up



Balance and reach exercise A



Balance and reach exercise B



Side-lying leg lift

Instructions:

1. Avoid Jerky movements. Hold posture for count of 10 and repeat it 10 times.
2. This Document is a rough guide, Follow Instructions from your Doctor and Physiotherapist.
3. Any inconvenience or increase in pain should be reported to the Doctor/ Physiotherapist.