

# Ankle Sprain

Written By: Alec St Pierre PT

[info@summitpt.ca](mailto:info@summitpt.ca), 705-988-0945, Cedar Point Plaza - 1984 Regent St. Unit 115

The ankle joint is an area of the body that can be the cause of many activity limitations when injured. Often we “roll” our ankle and walk it off, but this injury is a ligament sprain, which if not treated can lead to instability in the ankle joint and an increased risk of future ankle sprains. After a sprain, the ankle may be swollen, bruised and painful. Consulting with a health professional and actively managing an ankle sprain may be helpful to decrease the risk of future ankle injuries.

## **Home Exercises**

- *Calf Raises: Standing on both feet holding onto a wall or table for support, raise up off your heels onto your toes. Hold for 2 seconds then lower back to the ground. Repeat 10 times, multiple sets per day.*
- *Ankle alphabet: Seated, move your ankle joint to trace the letters of the alphabet with your foot. Repeat for as many letters as you can comfortably manage.*

For more information, visit [www.summitpt.ca](http://www.summitpt.ca)



## **Tips From A Physiotherapist**

- Continue to walk (as tolerated) after an ankle sprain to keep your ankle moving under pressure. If it is too painful to put any weight through your ankle after a sprain, consult with a doctor to rule out a more serious injury.
- It is okay to continue doing whole body exercises that do not overpressure the ankle to maintain health and fitness. For example, riding a bike or doing an upper body weight training workout may not hurt the ankle.
- Manage an acute sprain with the acronym PRICE: Protect (avoid painful activities), rest (change activity level to allow healing), ice (for analgesia), compression (to control swelling), elevation (to promote drainage of swelling). Unloaded ankle movement is also important in this stage to maintain joint mobility.