

Acute Ankle Sprain

1.) Dorsiflexion with Tubing (3 sets, 15-20 repetitions)



- Perform both components of the movement slowly and controlled
- If it causes pain, stop and consult your AIM practitioner

2.) Eversion with Tubing (3 sets, 15-20 repetitions)



- Keep the knee bent while performing this exercise
- Perform both components of the movement slowly and controlled
- If it causes pain, stop and consult your AIM practitioner

3.) Inversion with Tubing (3 sets, 15-20 repetitions)



- Keep the knee bent while performing this exercise
- Perform both components of the movement slowly and controlled
- If it causes pain, stop and consult your AIM practitioner

4.) Plantar Flexion with Tubing (3 sets, 15-20 repetitions)



- Perform both components of the movement slowly and controlled
- If it causes pain, stop and consult your AIM practitioner

5.) Single Leg Balancing (3 sets, up to 2 minutes each)



- Simply stand on the injured leg and attempt to remain balanced
- Once you can complete 3 sets for 2 minutes each without pain or instability, slightly bend the knee and again attempt to remain balanced
- Progress to keeping your leg straight with your eyes closed
- Once this is mastered, bend the knee slightly while keeping the eyes closed
- You may stand on a rolled pillow to add more of a balance challenge
- The idea of this exercise is to retrain your balance (proprioceptive) system
- The progression should be slow

6. Drawing the alphabet (3 sets of the full alphabet)

- In this exercise you will draw the alphabet in capital letters with your big toe