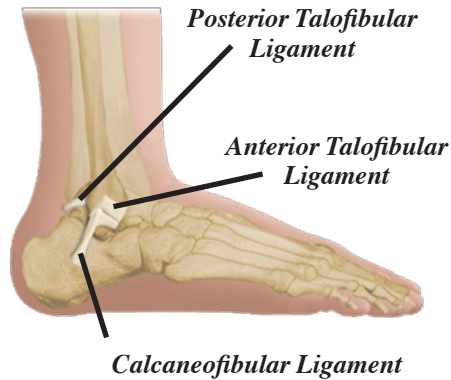


What is a SPRAINED ANKLE?

Ligaments Involved in Ankle Sprains



Most ankle sprains occur on the outside of the ankle. Your ankle has 3 ligaments on the outside of your ankle. A sprain is an injury to one of the three ligaments.

What is a Ligament?

A ligament is tissue that connects from one bone to another. They give your joints stability and support.

A sprain occurs when a ligament is stretched further than it can handle.

How do Ankle Sprains Occur?

Most ankle sprains occur when the foot is turned in. This puts extra stress on the 3 ligaments on the outside of your ankle. The injuries range from a sprain to a complete tearing of the ligaments.

Walking on uneven or unfamiliar surfaces (such as steps or on a grassy hill) or jumping then landing wrong are common causes of ankle sprains.

Successful Treatment Involves:

- ◆ **Healing the injury.**
- ◆ **Getting back normal motion and strength.**
- ◆ **Preventing future ankle sprains from occurring.**



This information was provided courtesy of Madden Physical Therapy and is intended to be used by medical professionals helping people live healthy lives.

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Top 3 Home Exercises for Ankle Sprains

Basic Exercises for People with Ankle Sprains



TOP 3 HOME EXERCISES for YOUR ANKLE

Alphabet



How to do it:

1. Seated.
2. Draw the alphabet, "A, B, C ..." with your foot.
3. Move your ankle only. Keep your knee and leg still.

Complete A to Z.

Good Warm-Up

The purpose of the alphabet exercise is to help your ankle lightly warm-up and move. It exercises all of the muscles which move your ankle.

Movement with Band



How to do it:

1. Seated. Band around foot.
2. Push toes down into band.
3. Control movement of foot back up.

Repeat 30 times.

Other Directions

This exercise can be performed in 4 directions. For the other three directions, go to the official Madden PT channel on youtube: www.youtube.com/maddenptofficial

Standing on One Leg



How to do it:

1. Stand on one leg.
2. Keep your knee (of the leg you are standing on) slightly bent.

Hold 30 seconds. Repeat 3 times.

Safety First!

It is a good idea to do this exercise by a countertop or handrail which you can easily use to balance.

Want to Learn More?

For videos on ankle pain, shoulder pain, back and neck pain, and more, find "Top 3" on facebook, twitter and youtube.

