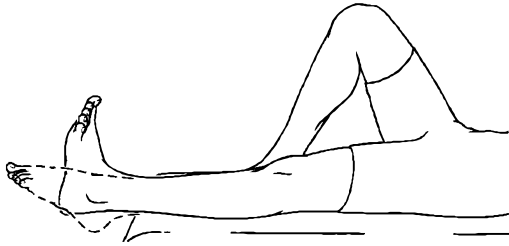


### Dorsiflexion/Plantarflexion



Read first aid for sprains/strains prior to starting this program.

Day 1: RICE

Day 2-3:

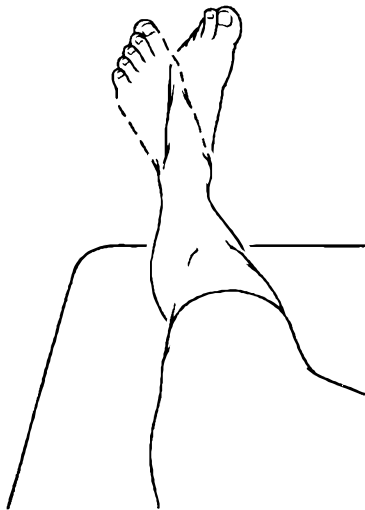
If your pain is intermittent, or constant but less severe than day 1, and you are able to walk with use of a crutch. You are ready to begin the next 2 exercises.

Perform these 2 exercises 5-10 times every 3 hours.

The exercises may cause discomfort but should not increase or produce pain at the injury site. Use RICE following exercise

---

### Inversion/Eversion



---

### Passive Inversion/Eversion



Start here if your injury is more than 3 days old.

Day 4: If your pain is intermittent, if there is less swelling at the injury site, and increased movement at the ankle, and you are walking more comfortably you are ready to replace the previous exercises with the next 4 exercises.

Perform these exercises 10 times every 3 hours. You should feel a gentle stretch at your injury site, which quickly subsides upon rest.

Perform RICE following the exercise session

The first exercises is performed by pulling the foot inward until a slight stretch is felt at the injured area.

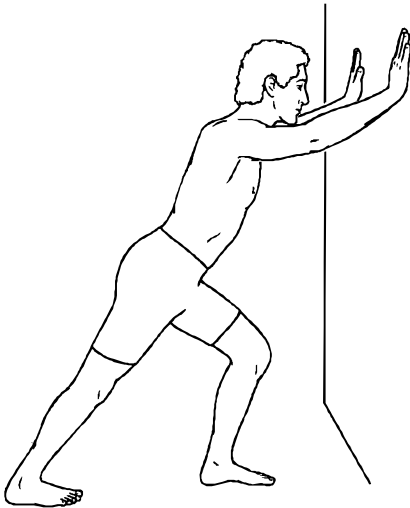
Passive Plantar flexion with overpressure



Perform this exercise by giving slight overpressure to the downward motion for a few seconds. Repeated this exercise 10 times every 3 hours. You may feel a firm stretch at the injury site, but not pain.

---

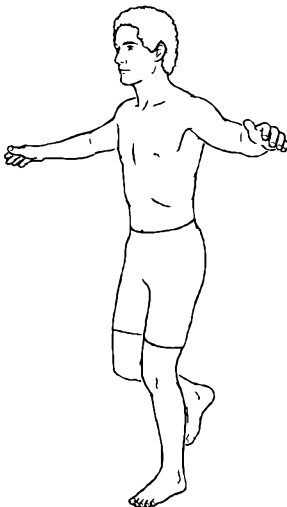
Passive loaded dorsiflexion



Perform this movement 10 times, hold for several seconds each repetition, repeat every 2-3 hours. You may feel a firm stretch at your injury site, but no pain.

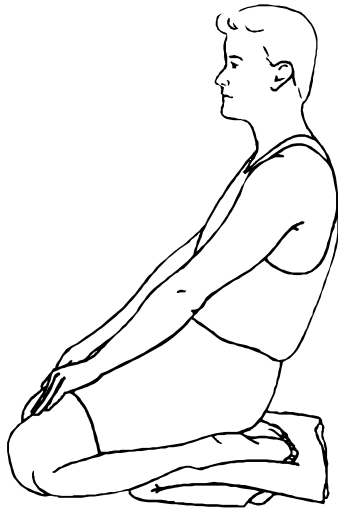
---

single leg stand



Stand on the injured leg and maintain balance for 15-30 seconds. Repeat 5 times, every 3 hours

passive plantarflexion in kneeling



Day 9-21 (or longer):

If your intermittent pain is only felt with overstretching the injured area, you have little to no swelling, you are able to perform the previous exercises with little to no difficulty, and you can walk without a limp, you are ready to advance to the following 5 exercises.

Lean back toward your heels until a firm stretch or slight pain is felt in the injured ankle hold for 5-10 seconds then lean forward and relax.

Repeat this movement 10 times every 2-3 hours, as long as lingering pain or ache does not remain for more than a few minutes following the routine. As your pain and swelling decrease, you should reduce the number of times you apply RICE.

---

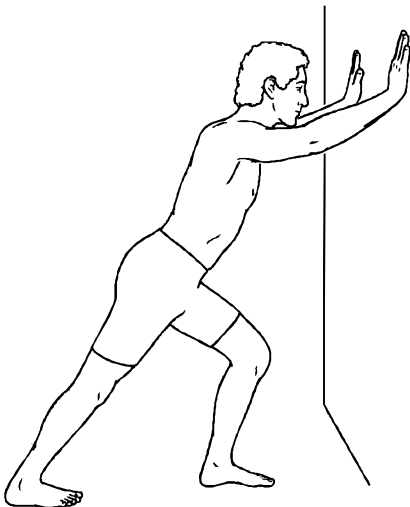
passive loaded inversion



Roll the injured ankle inward until firm stretch is felt on outside of ankle, hold the stretch for a few seconds. You may feel a firm stretch or slight to moderate pain which quickly settles upon resting. Repeat 10 times every 2-3 hours.

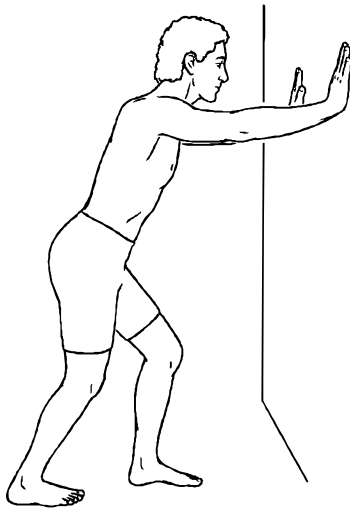
---

Passive loaded dorsiflexion



Perform this movement 10 times, hold for several seconds each repetition, repeat every 2-3 hours. You may feel a firm stretch, or slight pain at your injury site, but no severe pain.

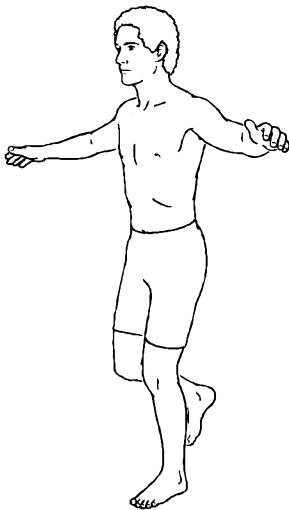
Passive loaded dorsiflexion with overpressure



Squat down with the injured leg behind you until a firm stretch or slight pain is felt at the injury site. Repeat 10 times every 2-3 hours.

---

single leg stand



Stand on the injured leg and maintain balance with the eyes closed for 30-60 seconds. Repeat 5 times, every 3 hours

---