

## Ankle Injury

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### TYPES OF ANKLE INJURIES:

Ankle injuries can be acute or chronic in nature. Inverting (turning in) of the ankle accounts for most acute injuries. Overuse of the ankle can cause tearing of the ligaments or strain tendon fibers. Sometimes, a severe injury or repeated sprain can cause chronic (recurrent) ankle pain.

Chronic problems are likely when pain develops gradually or discomfort is recurrent over a period of time. Chronic problems are often triggered by prior injuries, especially if original injury was not allowed to heal completely. Certain activities, such as jumping, sharp turns, running, or other repetitive movements can lead to injury.

Symptoms include swelling, bruising, pain in ankle with or without placing weight on it, and reduced range of movement of the ankle.

### TREATING AN ANKLE INJURY:

The events preceding pain development or injury will help determine appropriate treatment and rehabilitation.

- ☑ Stop activity.
- ☑ Rest the injury as much as possible, especially the first 2-3 days.
- ☑ If walking is difficult and/or if ankle or foot pain severe, evaluation by health care provider is suggested.
- ☑ Swelling and bruising is expected following an ankle injury.
- ☑ Severity of injury will determine if crutches, ankle brace, or other stabilization device will be required. Extent of injury will dictate length of recovery and need for walking aids
- ☑ Depending upon severity of injury, an X-ray or other imaging study may be needed.
- ☑ Follow the **RICE** system to reduce discomfort and accelerate your recovery:

**R = Rest.** Initially, rest joint by avoiding activities that use or place weight on the joint.

**I = Ice.** Wrap sealed ice bag in towel and apply to injury as soon as possible. Keep on injury for 15-20 minutes and repeat every 2-3 hours for the first 48 to 72 hours. This will help reduce swelling and pain.

**C = Compression.** Use ace wrap over the injured joint to reduce swelling. The elastic bandage should provide snug compression but not restrict blood flow. Remove ace at night while sleeping.

**E = Elevate.** Elevate ankle to help reduce swelling.

### RECOVERY TAKES TIME:

Rehabilitation may take weeks or even months depending on severity of injury. The severity of the injury will dictate recovery time. Slow, gradual rehabilitation will reduce healing time and prevent re-injury.

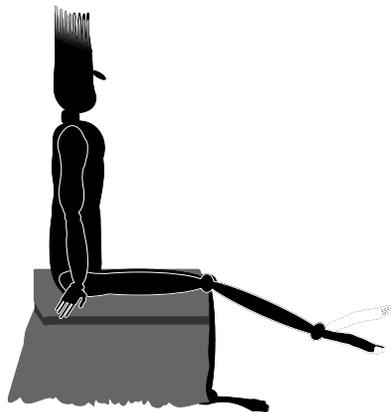
- ◆ As affected area begins to heal, gradually resume normal activity, but only if it doesn't cause significant discomfort.
- ◆ Rehabilitation exercises are critical for recovery process. Here are some general exercises that will strengthen muscles surrounding the injured ankle and promote flexibility without excessive stress to the injured joint.
- ◆ **HELPFUL HINT:** Take deep even breaths while completing stretches and concentrate on the exercises with slow, steady movements.
- ◆ Before resuming full activity, ankle swelling and pain should be resolved, and full mobility has returned.

Call Schiffert Health for appointment if you have severe pain, are unable to bear weight or ankle is not improving.

# Ankle Injury Rehabilitation Exercises

The following are rehabilitation exercises to help strengthen the ankle. Unless otherwise stated, complete 5-10 reps and 1-3 sets.

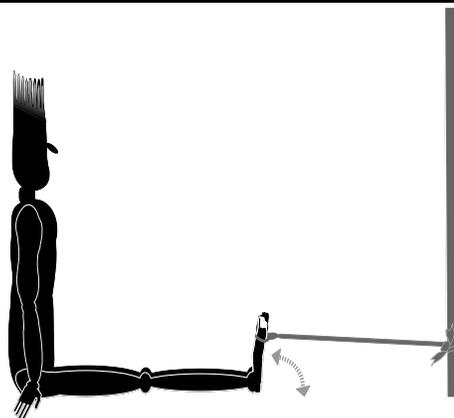
## Alphabet Exercise



**PREP:** Apply ice pack to your ankle for 20 minutes.

**EXERCISE:** Hang your foot over the edge of a table or couch. Trace the alphabet with your big toe. Discontinue this exercise when full mobility returns to ankle. Adding standing calf stretch is suggested 1-3 times/day. Complete 1 rep, 1-3 times/day.

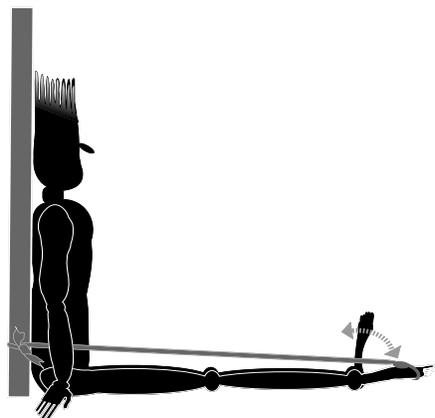
## Dorsiflexion



**PREP:** Acquire an elastic band loop 36" long.

**EXERCISE:** Secure one end of elastic band around secure object. Place the other end of the elastic band around the top of your foot. Pull your toes toward your body. Hold, count to three, then return to starting position.

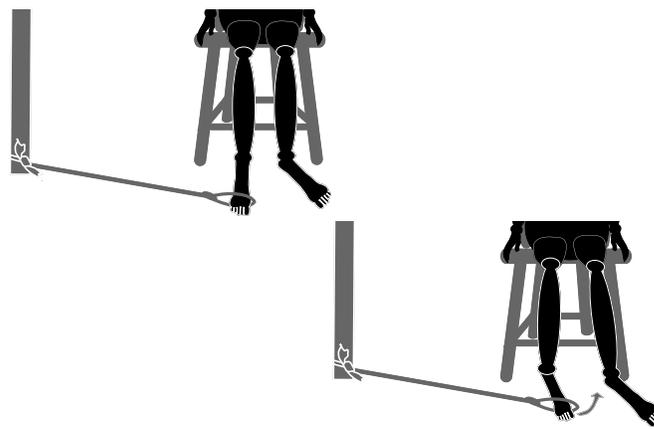
## Plantar Flexion



**PREP:** Acquire an elastic band loop 36" long.

**EXERCISE:** Secure one end of elastic band around secure object or HOLD with both hands during exercise. Place other end of the elastic band around the ball of your foot. Push the ball of your foot away from your body. Hold, count to three, then return to starting position.

## Ankle Inversion

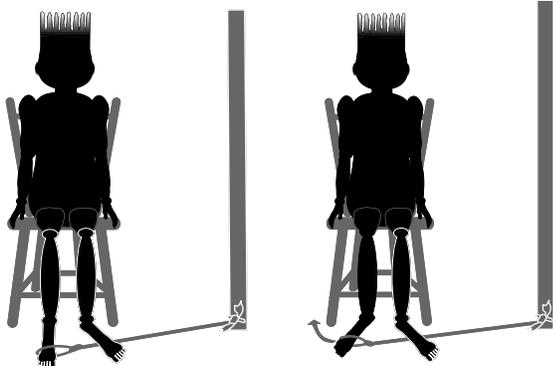


**PREP:** Acquire an elastic band loop 36" long.

**EXERCISE:** Secure one end of elastic band around secure object. From a seated position, place other end of the elastic band around the ball of your foot. Turn your toes inward while keeping your heel firmly on the floor. Hold, count to three, then return to starting position.

# Ankle Injury Rehabilitation Exercises

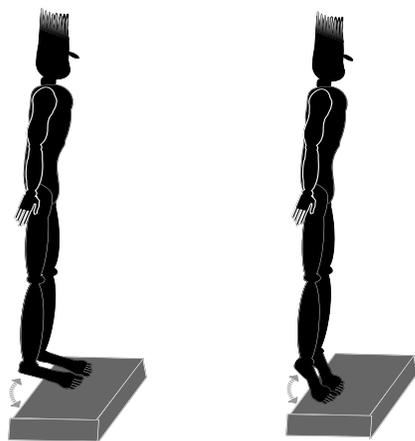
## Ankle Eversion



**PREP:** Acquire an elastic band loop 36" long.

**EXERCISE:** Secure one end of elastic band around secure object. From a seated position, place other end of the elastic band around the ball of your foot. Turn your toes outward while keeping your heel firmly on the floor. Hold, count to three, then return to starting position.

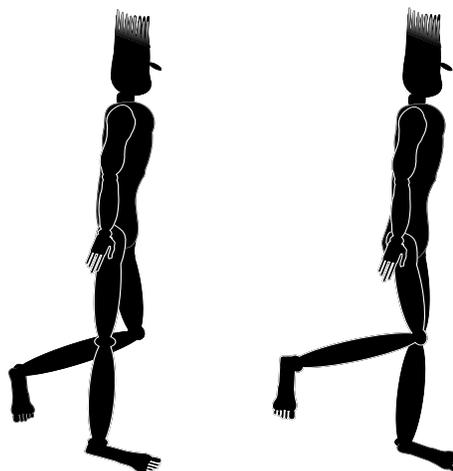
## Heel Raises and Step—up



### EXERCISE:

- 1: Heel Raise exercise: While standing with both feet on a secure step with a banister to hold or balance behind chair, complete heel raises. Hold, count to three, then return to starting position. Once pain reduces, try lowering on one leg only.
- 2: Step -up exercise: Stand with one foot on step and other foot flat on floor. Place your full weight onto the leg on step, straightening your knee as the other leg lifts off the floor. Slowly lower leg back to flat floor position.

## Stork Leg



### EXERCISE:

- 1: From a standing position, raise your left foot off the floor. Hold this position for one minute then return to starting position. Perform this exercise with your eyes closed as you become more comfortable.
- 2: From a standing position, raise your right foot off the floor. Hold this position for one minute then return to starting position. Perform this exercise with your eyes closed as you become more comfortable.

## "Straight" Walk or Jog



**EXERCISE:** Walk or jog in a straight line on a smooth surface. This exercise should only be performed when you can walk without pain or limping.