

Ankle Sprain 411

1. Rest, Ice and Elevation
 - a. Discontinue your current activity
 - b. Elevate the ankle and involved leg and ice for 20 minutes at a time, several times a day

2. Keep it moving
 - a. Ankle pumps—while seated or laying moving the ankle up and down in a “pumping” motion
 - b. Alphabet writing—while seated or laying “write” each letter of the alphabet in the air by moving your toes
 - c. Heel-toe raises—while seated move your ankle up by pushing up on your toes and then rock back and push down on your heels
 - d. Calf stretch—while seated or laying, loop a towel around your toes and pull the ends of the towel and move your toes upward until you feel a stretch on the back of your leg.

3. Make sure it is strong
 - a. After it is healed return to running and jumping activities
 - b. Perform simple balance exercises to regain balance and proprioception.