

ANKLE SPRAIN STRETCHES

Ankle sprains often result from mechanical imbalances in the muscles and ligaments of the pelvis and lower limbs. There are two types of ankle sprains: eversion and inversion. Eversion sprains are generally referred to as a “going over” or “rolling over” of the ankle. When this happens, the ankle rolls over past its normal limit so that the sole of the foot faces inward towards the other ankle. Most ankle sprains are eversion. An inversion sprain is when the sole of the foot is sprained outwards. This kind of sprain occurs only about 5% of the time. To prevent ankle sprains, stretch and strengthen the ankle joint and associated muscles. Rehabilitation involves rest, elevation, ice, compression in the early phase, and stretching (the muscles on the opposite side of the sprain) and exercise (particularly calf raises) in the later phase.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally

EVERSION SPRAINS:



Inner Ankle Stretch

Toe Flexion Stretch

Toe Extension Stretch



Outer Calf Stretch

Inner Calf Stretch



Standing Shin Stretch

INVERSION SPRAINS:



Outer Ankle Stretch

Toe Flexion Stretch

Toe Extension Stretch



Outer Calf Stretch

Inner Calf Stretch



Standing Shin Stretch

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