

ANKLE SPRAIN GUIDE

Why do I need rehab?

Physical therapy helps ankle sprains *heal the right way*—faster and improved performance.

Targeted rehab restores strength, mobility, balance, and joint control so the ankle can handle real-life demands.

PT reduces the risk of chronic instability and *repeat sprains* by retraining how your foot, ankle, and lower leg work together, not just treating the pain.



Ankle Sprain Tips

Fuel Recovery:

- stay consistent with *hydration*
 - prioritize *protein* intake
- maintain balanced nutrition and micro-nutrients

Support the Nervous System

- Use diaphragmatic breathing to reduce guarding
- Allow adequate *sleep* and recovery time
- *Manage stress* to support healing

Avoid Complete Rest:

- start with gentle range of motion exercises for the ankle
 - strengthen the hip
- progress to resisted ankle motions as tolerated
 - walk as normally as possible

Ice or Heat?

Although ice may help with pain relief following a sprain, research now shows ice does not help reduce swelling. In fact, ice can actually create MORE stiffness. Ice for just 10 min at a time if needed for pain. Otherwise, use gentle heat to help bring blood flow and healing properties to the area.



Compression & Elevation

Get a sleeve and elevate that ankle above your heart! Wear the sleeve 24/7 while you have swelling and sleep with the ankle elevated. The quicker you can reduce swelling, the better. Your physical therapist will work manually to help relieve swelling as well.

Exercises to Try!

Ankle ABCs

Ankle Mobility

Banded Eversion

Banded Inversion

Lateral Hip Strength