

Lateral Ankle Sprain

Stretched or torn outer ankle ligaments after 'rolling' the ankle. Early movement, strength and — above all — balance training prevent recurrence.

ANKLE • LIGAMENTS

1



Ankle Pumps

20 reps, hourly

- Point and pull the foot up and down.
- Elevate the leg while doing these.

2



Ankle Alphabet

A–Z, 2× daily

- Draw letters with your big toe.
- Move from the ankle, not the knee.

3



Calf Raise

3 × 12

- Rise onto the toes, lower slowly.
- Progress to single leg.

4



Band Eversion

3 × 15

- Band around the foot; turn the sole outward.
- Slow return.

5



Single-Leg Balance

3 × 30 sec, daily

- Stand on the injured leg.
- Progress: eyes closed, then a soft surface.

6



Side Steps

3 × 10 each way

- Step sideways with control.
- Progress to gentle hops when pain-free.

HOW OFTEN

2–3× daily in weeks 1–2, then once daily; balance training daily for 6 weeks is what prevents re-sprain. Consider a brace for sport for 6–12 months.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Can't take 4 steps, or bone tenderness on the ankle knobs or 5th toe base — get an X-ray.