

# FootCareMD<sup>®</sup>

*A step in the right direction*

## How to Stretch Your Ankle After A Sprain

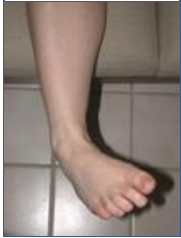
You should perform the following stretches in stages once the initial pain and swelling have receded, usually within five to seven days. First is restoration of ankle range of motion, which should begin when you can tolerate weight bearing.

Once ankle range of motion has been almost or completely restored, you must strengthen your ankle. Along with strengthening, you should work toward a feeling of stability and comfort in your ankle, which orthopaedic foot and ankle specialists call proprioception.

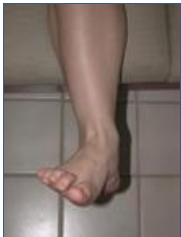
Consider these home exercises when recuperating from an ankle sprain. Perform them twice per day.



While seated, bring your ankle and foot all the way up as much as you can. Do this slowly, while feeling a stretch in your calf. Hold this for a count of 10. Repeat 10 times.



From the seated starting position, bring your ankle down and in. Hold this inverted position for a count of 10. Repeat 10 times.



Again from the starting position, bring your ankle up and out. Hold this everted position for a count of 10. Repeat 10 times.



From the starting position, point your toes down and hold this position for a count of 10. Repeat 10 times.



This stretch should be done only when the pain in your ankle has significantly subsided. While standing on the edge of a stair, drop your ankles down and hold this stretched position for a count of 10. Repeat 10 times.



Do this stretch only when the pain from your ankle sprain has significantly subsided. Stand 12 inches from a wall with your toes pointing toward the wall. Squat down and hold this position for a count of 10. Repeat 10 times.

### **Additional Resources**

[How to Care for a Sprained Ankle](#)

[How to Strengthen Your Ankle After a Sprain](#)

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