

Patient Education



ARNOLD PALMER HOSPITAL
For Children

Supported by Arnold Palmer Medical Center Foundation

The Orthopaedic Center
at Arnold Palmer Hospital

83 W. Columbia St. Orlando, FL 32806
321-841-3040 f:321-841-3049

ANKLE SPRAIN

An ankle sprain is a common ailment from an elite athlete to someone walking down the road and “rolling” their ankle. Initial care of reducing swelling and decreasing pain is important but the next steps are just important to get you back to full strength and activity.

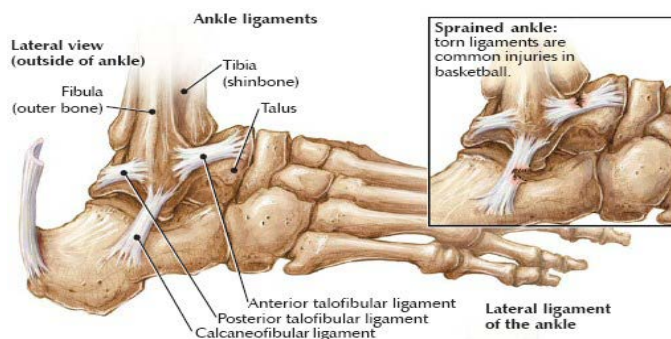
INITIAL CARE:

R: rest

I: ice (15 minutes on every hour)

C: compress (ACE bandage make sure toes are pink)

E: elevate (at or above heart level)



GOALS

- 1) Increase Motion
- 2) Rebuild Strength
- 3) Retrain Muscles & Nerves (proprioception)

RANGE OF MOTION

Begin with gentle movement of the ankle. The easiest exercise is writing the “ABC’s” in the air with your ankle. Also see the stretches listed below.

STRENGTH

Once the ABC’s are comfortable begin strengthening exercises (see below). Start slow 5-10 repetitions per exercise 2 times daily. Then add repetitions as the ankle feels stronger. This should be pain free so stop if pain occurs.

PROPRIOCEPTION

This is regaining balance of the ankle and retraining the muscles and nerves to work together. See the exercises below.

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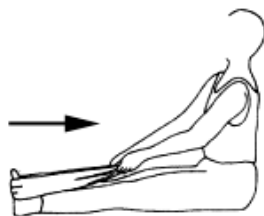


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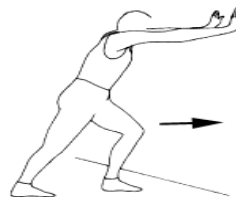
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STRETCHING



TOWEL STRETCH

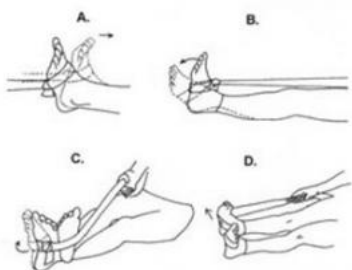
Use the towel to gently flex your foot forward stretching your heel cord and calf.



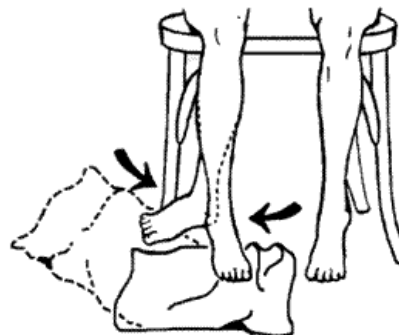
STANDING
CALF STRETCH

Place your hands on a wall in front of you, supporting your weight in the uninjured leg. Extend the injured leg behind your body with your heel flat on the floor and lean forward.

STRENGTHENING



Use a theraband or rubber tubing around the foot and resist the motion. Do all four ankle motions to strengthen the muscles around the ankle.



Place a towel on the floor and use the ankle to slide it over. Too easy? place a book on the towel for added resistance.

PROPRIOCEPTION



Balance on injured leg for 20 seconds. Too easy? Bounce a ball or throw a ball.

Persistence is key: Even if you can walk without aid, continue the exercises to speed up the rehabilitation process.