Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

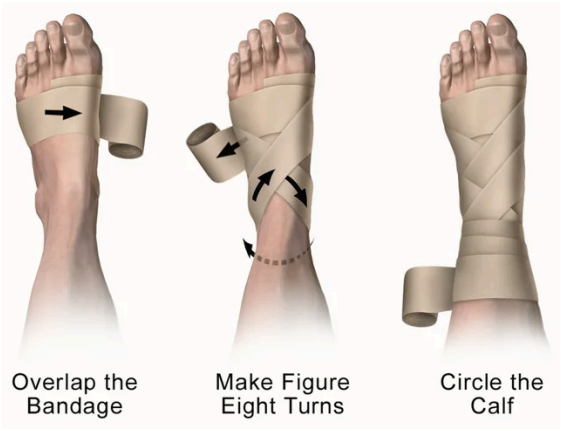
Questions? Call
(734) 667-3714

HOME CARE

Ankle sprain exercises

For the first 2 to 3 days, protect, rest, ice, wrap and raise your ankle. Then start gentle exercises. Move only as far as you can without sharp pain.

Step 1: The first 2 to 3 days



Wrap from the toes up toward the calf. Snug, not tight.

Illustration: BruceBlaus, CC BY-SA 4.0

Protect, ice and raise

- Use a brace, wrap, boot or crutches as Dr. Nafal tells you.
- Ice 15 to 20 minutes every 2 to 3 hours, with a towel between ice and skin.
- Raise your ankle above your heart when you can.
- Loosen the wrap if your toes tingle, turn pale or feel cold.

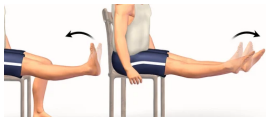
Step 2: Get it moving (start when the pain allows)



Ankle circles and alphabet

1. Sit with your foot off the floor.
2. Make slow circles one way, then the other.
3. Or “write” the alphabet in the air with your big toe.

10 circles each way, or the alphabet once · 3 times a day



Ankle pumps

1. Sit with your leg straight.
2. Point your toes away from you, then pull them back toward you.
3. Move slowly, as far as is comfortable.

10 to 20 times · 3 times a day

Step 3: Strength and balance (usually after 1 to 2 weeks)



Heel raises

1. Hold a counter. Rise up onto your toes, then lower slowly.
2. Start with both feet. When that's easy, do it on your hurt leg only.

10 times · 2 to 3 sets · once a day



Balance on one foot

1. Stand next to a counter on your hurt leg.
2. Hold on at first. Then let go.
3. When it's easy, close your eyes or stand on a pillow.

Up to 30 seconds · 5 times · 2 times a day



Toe taps

1. Sit or stand with your heel on the floor.
2. Lift the front of your foot and tap your toes quickly.

20 taps · 2 to 3 sets · once a day

Side-to-side (resistance band)

1. Loop a band around your foot and hold the ends.
2. Slowly turn your foot out against the band, then in.
3. Use the band strength your therapist or Dr. Nafal suggests.

10 times each way · 2 sets · once a day

Dr. Nafal's plan for you

☐ Start Step 2 now ☐ Start Step 3 on: _____ ☐ Physical therapy referral

☐ Wear brace for sports

⚠ Call us if you have

- You can't walk 4 steps, even with a limp
- Pain right on the bone, or pain that gets worse
- Numbness, or a cold, pale or blue foot
- Swelling that isn't better after a week