

# Post Injury Ankle Care

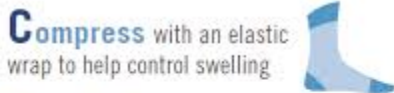
R.I.C.E. Method



24 to 48 hours post injury  
Goal to walk pain free with normal gait  
If not pain free, then crutch assist.



15-20 minutes at a time for pain control  
Goal to ice 4 times per day



Wrap starting at the toes and up towards the mid shin  
Moderate compression

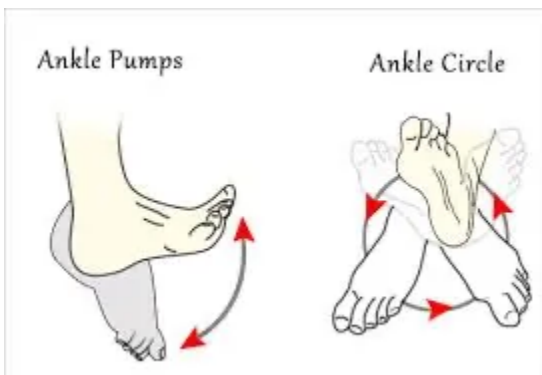


Lay down on your back and raise the injured ankle above the

## Ankle Pumps and Ankle Circles

Gentle up/down action to help move swelling

Gentle circular motion to help move swelling  
Do 3 sets of 10 before stretching



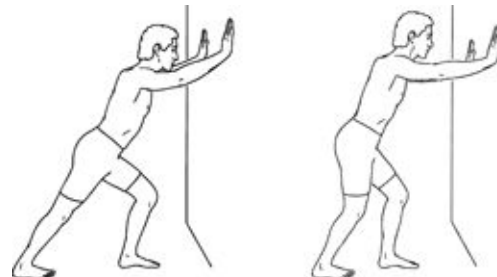
## Stretching

Hold each stretch for 45 seconds

Stretch with a straight leg for the gastrocnemius (calf muscle)

Stretch with a flexed knee (achilles/soleus muscle)

Repeat 3 times



## Ankle Strengthening Exercises

3 sets of 10 for each ankle  
3 times a day



### Eversion

With tubing anchored around the uninvolved foot, slowly turn the involved foot outward.



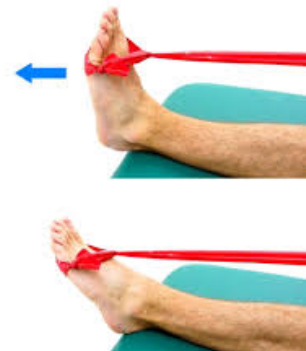
### Inversion

Cross legs with involved ankle underneath. With tubing anchored around the involved foot, slowly turn the involved foot inward.



### Dorsiflexion

With tubing anchored under the uninvolved foot, pull the involved foot towards the face.  
Return slowly to starting position



### Plantarflexion

With tubing around the involved foot, press foot down. Return slowly to the starting position.

