

MIDDLEBURY COLLEGE

SPORTS MEDICINE

RICE (Rest, Ice, Compression, Elevation)-

R – Rest, limit activity that is painful (walking, running, stairs, etc)

I – Ice to reduce pain and swelling (20 minutes on, 40 minutes off)

C – Compression wrap or ACE bandage to reduce swelling

E – Elevate the ankle above heart level

Ankle Sprain Protocol-

1. 20 minutes of cold or ice (ice bag or ice bucket)
2. Out of cold 5 minutes of pain-free toe raises
3. Back to cold 5 minutes
4. Out of cold 5 minutes- toe raises
5. Back in cold 5 minutes
6. Out of cold 5 minutes- toe raises
7. Back in cold 5 minutes

Range of Motion and Early Strengthening-

As soon as you can tolerate pressure on the ball of your foot and walk with little to no pain, begin stretching the ankle and some light strengthening exercises.

Towel Stretches

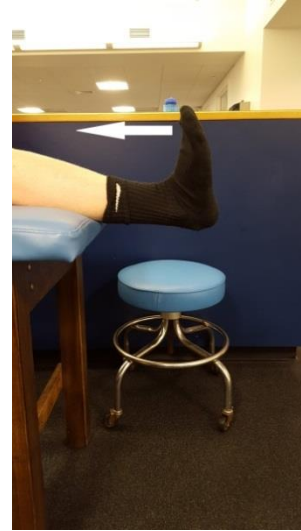
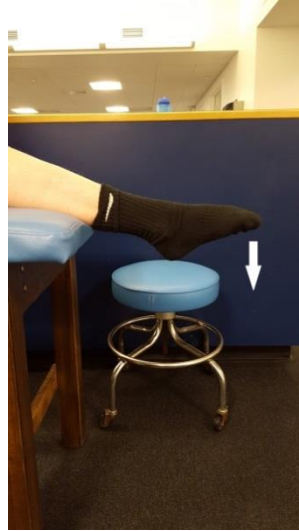
Sitting on a table or the floor with your injured leg stretched out in front of you.

1. With a towel/rope looped around your foot, pull back on your foot until you feel a stretch, hold for 20 seconds. Repeat 3 times.
2. Same as above, with towel around foot bend your knee at 90 degree angle and pull back on your foot until you feel a stretch, hold for 20 seconds. Repeat 3 times.



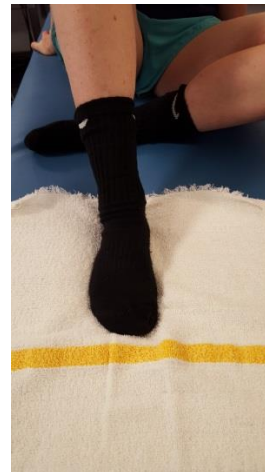
Ankle Pumps

Sitting on a table or bench with foot off end, point your toes and then pull your toes back as far as possible. Continue to do this movement 15 to 20 times.



Towel Crunches

Lay down a towel on the floor. Place your foot at one end of the towel and pull the towel towards you using your toes. Continue to do this until the towel is fully gathered around your foot. Repeat 10 times.



Weight Shifts

Standing in front of a table on both feet slowly shift your weight fully to the injured leg still keeping floor contact with other foot, hold for 5 seconds, than shift your weight back to both feet. Repeat this 20 times.



Ankle Circles/ Alphabet

Sitting on a table or bench with foot off the end

1. Begin to rotate your foot in a clockwise direction, repeat 20 times. Then switch and begin to rotate your foot in the opposite (counter-clockwise) direction, repeat 20 times.
2. Using your toes trace the letters of the Alphabet in the air A-Z, repeat 3 times.

Marble/Rocks Pickups

Lay out a small pile of marbles/rocks on a towel. Pick up a marble/rock with your toes and move it to a cup, continue to do this until all marbles/rocks are in the cup. Repeat 3 times.



Thera-Band Range of Motion

Dorsiflexion

Sitting on the floor or table with your leg out in front of you, loop a Thera-Band around your foot and anchor the other end to a table leg. Pull your toes towards you against the resistance of the Thera-Band. Then slowly return to starting position. Repeat 10 times. Complete 3 sets of 10.



Plantarflexion

Sitting with your leg out in front of you, loop the Thera-Band around the ball of your foot, holding the ends of the band with both hands. Push the ball of your foot down away from you and point your toes against band resistance. Then slowly return to starting position. Repeat 10 times. Complete 3 sets of 10



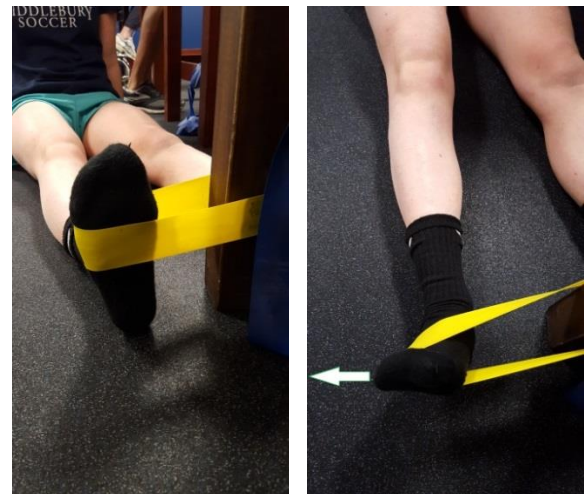
Inversion

Sit with your leg out in front of you with Thera-Band looped around your foot and the other end anchored around a table leg, table should be parallel with your leg. Move your foot inward away from the table against the resistance of the band. *Watch that your foot and ankle are the only things moving and your knee is staying still. Slowly return to starting position. Repeat 10 times. Complete 3 sets of 10.



Eversion

Sit with your leg out in front of you with Thera-Band looped around your foot and the other end of band anchored around a table leg, table should be parallel with your leg. Move your foot outward away from the table against the resistance of the band. *Watch that your foot and ankle are the only things moving and your knee is staying still. Slowly return to starting position. Repeat 10 times. Complete 3 sets of 10.



Toes Raises

Stand with both feet on the floor, rock back on your heels so that your toes come off the ground. Hold for 5 seconds and then return to normal standing position. Repeat 10 times. Complete 3 sets of 10



Heel Raises

Start by standing with both feet on the floor, a table or chair in front of you for balance if needed. Go up on your toes, hold for 5 seconds and then slowly lower back down to standing position. Repeat 10 times. Complete 3 sets of 10. *When this exercise gets too easy, progress to Single Leg Heel Raises, doing the same movement while standing on one leg.



Single Leg Balance

Stand on injured leg without any support and attempt to balance, hold for 20-30 seconds. Repeat 3 to 5 times. When this gets too easy use an unstable surface like a balance pad to stand on and attempt to balance.



Single Leg Balance with Star Pattern (Excursions or Star Exercise)

Stand on injured leg without any support. Do a mini single leg squat and reach the uninjured leg to each point of the star from the line in front of you to the line directly behind you. You end up touching half the points of the star.



Heel/Toe Walking

Walk around only on your heels for approximately 5 yards. Repeat 3 times.

Walk around only on your toes for approximately 5 yards. Repeat 3 times.

Double Leg Hops

1. Standing on both feet to start, hop off the floor with both feet straight up in the air and land with a slight bend in the knees. Repeat 20 times.
2. Standing on both feet to start, hop forward with both feet and then backward with both feet. Landing with a slight bend in the knees. Repeat 20 times.
3. Standing on both feet to start, hop laterally (side to side) with both feet together. Landing with a slight bend in the knees. Repeat 20 times.

Single Leg Hops

1. Standing on your injured leg to start, hop off the floor with both feet straight up in the air and land with a slight bend in the knee. Repeat 20 times.
2. Standing on your injured leg to start, hop forward and backward on one leg. Land with a slight bend in the knee. Repeat 20 times.
3. Standing on your injured leg to start, hop forward and backward on one leg. Land with a slight bend in the knee. Repeat 20 times.