



Ankle Sprain

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So you decide to lace-up your sneakers and hit the gym court to play a friendly pick-up game of basketball. During the game you go up for a rebound, land and twist your ankle. Here are a few tips to maximize the healing process, prevent it from happening again and get you back to playing ball again.

Weeks 1 - 2: R.I.C.E. is out and P.R.I.C.E. is in!

Protection- wear an ankle brace

Rest- get off your feet

Ice- use an ice bag or bag of peas for 20 minutes

Compression- use an ace wrap while resting

Elevation-prop your ankle up above your heart while resting

Weeks 1-4: Exercises to promote Range of Motion and Strength

1. Foot circles (counterclockwise and clockwise): 2-3sets of 10 circles per direction
2. Foot alphabet: 1 set
3. Calf stretch: hold for 20 seconds twice

Work your way into performing these exercises (you should experience no or very little pain):

1. Standing on one leg: 3x 20-30 seconds
2. Standing heel then toes raises: 3x 10 reps
3. Side stepping/Carioca: 4x 10ft
4. Climb stairs: 3x up/down 8 steps

Go ahead and modify these exercises appropriately by decreasing the number of reps or increasing the intensity and difficulty. Don't forget to ice for 20 minutes after performing your exercises.

Basic ankle sprains take 2 - 4weeks to fully recover. Continue to wear your ankle brace while playing basketball for the next 3 - 6 months.

Reference: Brotzman, B., Wilk, K. Clinical Orthopaedic Rehabilitation. 2ed. Mosby: 2003. p 373-387.