



Exercises for Ankle Sprain Prevention

What is an Ankle Sprain?

- An ankle sprain occurs when the ligaments that support our ankles are stretched or pulled.
- This occurs when we step wrong, lose our balance, fall, or put our feet in awkward positions.

How Can You Prevent Ankle Sprains?

Strengthening exercises increase the ankle's support, while stability/balance exercises improve control and reaction time. Together, they help keep the ankle in a safe position during activity.

STRENGTHENING EXERCISES

Perform 2-3 sets of 10-15 reps

Seated Resisted Ankle Dorsiflexion



Seated Resisted Ankle Eversion



Seated Resisted Ankle Inversion



Double Leg Heel Raise



Easier

Single Leg Heel Raise



Harder

Single Leg Heel Raise on Step with Weight



Hardest

*Can perform with the knee bent to strengthen your deeper calf muscle





Exercises for Ankle Sprain Prevention

Seated Toe Raises



Easier

Standing Toe Raise Against Wall



Harder

General Safety Tips

- Always practice near a stable surface (wall, counter, or sturdy chair)
- Wear supportive, non-slip footwear
- Clear the area of tripping hazards
- If you feel dizzy or unsteady, stop and rest
- Perform slowly and with control
- These exercises should not increase or reproduce pain; if you cannot complete the full range of motion, do what you can comfortably.

STABILITY/BALANCE EXERCISES

Perform 2-3 sets of 30-60 seconds

Practice standing on one leg with eyes open or heel/toe on a firm surface.

Easier



Practice standing on one foot with eyes closed or try a leg reach with your eyes open

Harder



Practice single leg balance on progressively unstable surfaces pillow → foam pad → BOSU)

Easier



Combine balance with other tasks: stand on one leg while catching a ball, reach across body, reach toward the floor)

Harder

