

# Lateral Ankle Sprain (Eversion)

## Complaints

- Feeling of ankle rolling outwards or giving way
- Weakness
- Swelling
- Increased ankle pain with running and walking activities

## Possible Causes

- Weak ankle joint musculature
- Increased laxity in ligaments and tendons surrounding joint
- Pes Cavus (high arched / rigid) foot
- Excessive pronation
- Lack of shoe support



## Shoe Profile

The long axis of the shoe should provide maximum torsional control of foot rotation (pronation/supination). The midsole of the shoe should have moderate to firm vertical support. This, along with a firm heel counter, translates stability to the ankle.

## Orthotics

Neutral (mild pronators) – Over-the-counter orthotics may be beneficial  
Moderate to Excessive Pronators or Pes Cavus feet – Custom orthotics

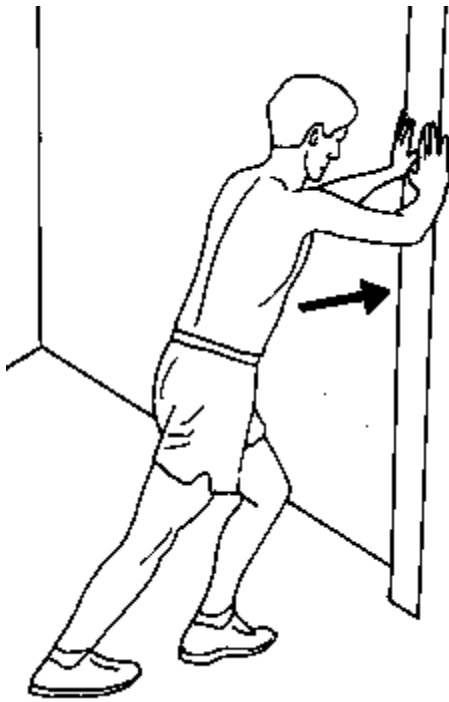
## Exercises

**\*\*Please consult your physician before engaging in an exercise program.\*\***

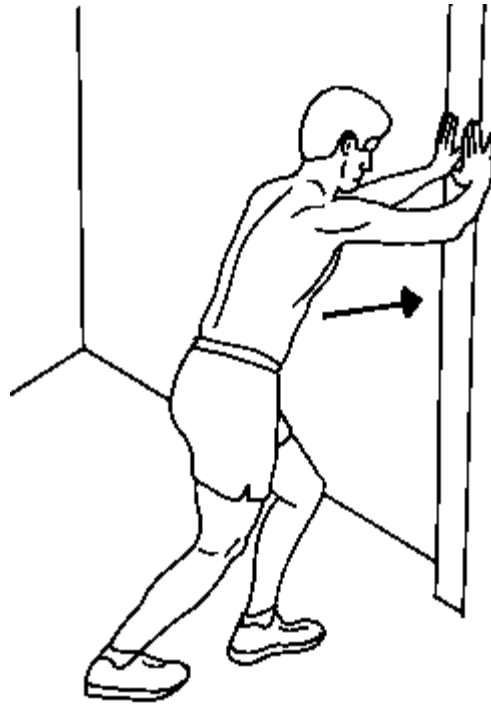
With all strengthening exercises, start with 3 sets of 10 repetitions. If you experience any sort of pain reduce your reps to 3 sets of 5. For all stretches, repeat 3 times holding each stretch for 30 seconds to 1 minute. Using RICE (Rest, Ice, Compression, Elevation) can be beneficial in the treatment of injuries as well.

**Gastrocnemius (calf) Standing Stretch**

**Soleus Standing Stretch**

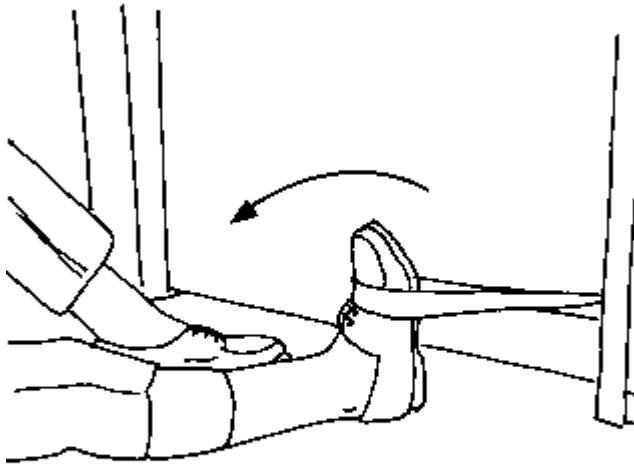


1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep the back leg (involved leg) straight and heel on the ground throughout the exercise.
4. Lean body forward bending at ankles and hold.
5. Return to starting position, relax, and repeat



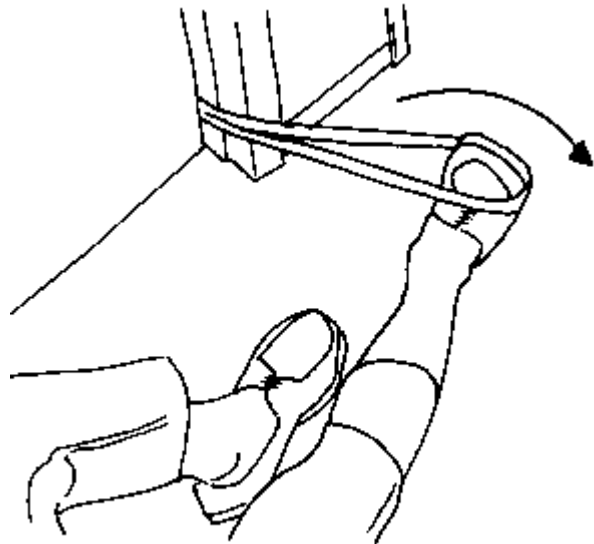
1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep heel on the ground throughout the exercise.
4. Bend knees, squat down, and hold.
5. Return to starting position, relax and repeat.

### Foot Up Elastics Exercise



1. Place knot of elastic (Theraband) in door jamb about one foot up from the floor.
2. Sit on floor with leg out straight and attachment of elastic at the bottom of the foot.
3. lace elastic around inside of foot just below the toes.

### Foot Out Elastic Exercise



1. Place knot of elastic (Theraband) in door jamb about one foot up from the floor.
2. Sit on floor with leg out straight and attachment of elastic outside and above the foot.
3. Place elastic around inside of foot just below the toes.

4. Back up to pick up slack of elastic.
  5. Pull foot up keeping knee straight and hold.
  6. Slowly return to the starting position and repeat.
4. Move leg away from attachment of the elastic to pick up slack.
  5. Keeping leg still, pull foot out against elastic without rotating leg and hold.
  6. Slowly return to the starting position and repeat.

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