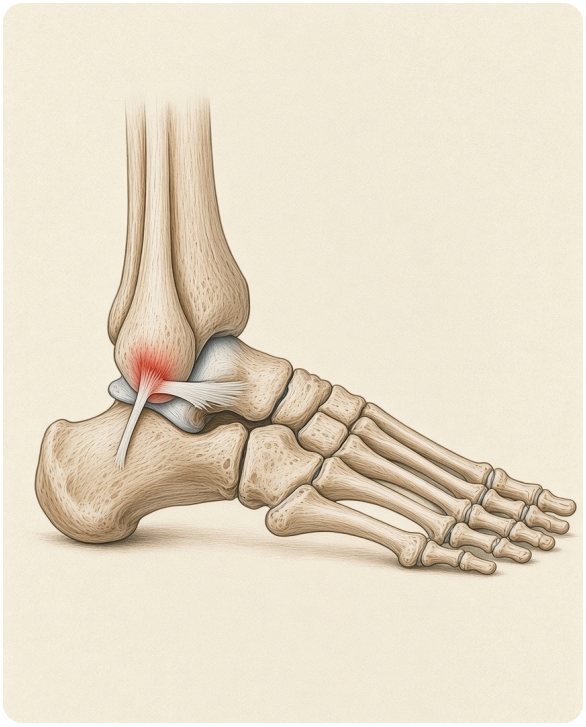
ARMIN PHYSIO



PATIENT GUIDE

Lateral Ankle Sprain Rehab

Your 3-phase exercise plan, from week 0 to return to sport.

Armin Ghayyur
Physiotherapist · arminphysio.com

Rehab after a lateral ankle sprain

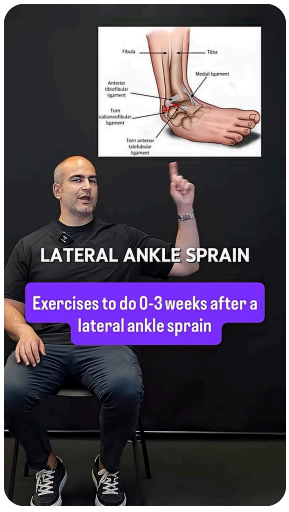
A lateral ankle sprain is when you roll your ankle and stretch or tear the ligaments on the outside of it. Rehab goes in phases: first protect the ligaments, settle the swelling and get the ankle moving, then rebuild strength and balance, and finally get back to hopping, jogging and sport. This is Armin's 3-part ankle sprain protocol, one phase per video.

QUICK CHECK

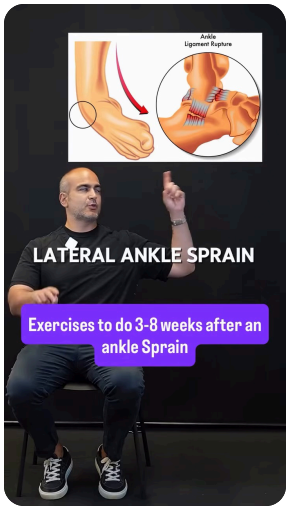
Does this sound like you?

- [ ] You've recently **rolled your ankle**
- [ ] **Pain and swelling** on the outside of the ankle
- [ ] It's hard to **walk without a limp**
- [ ] The ankle feels **weak or wobbly** on one leg
- [ ] You want a plan back to **running and sport**

Find your phase on the next page. Progress by how your ankle feels, not just the calendar.



Armin's 3-part ankle sprain protocol



Phase 2: rebuilding strength and balance

BEFORE YOU START

Your recovery, phase by phase

Progress by how your ankle feels

The weeks in this guide are the general timeline from Armin's 3 videos. Recovery depends on the **grade of your sprain**: Armin says to progress based on your symptoms and function, not time alone. If a doctor or physio has given you a brace, taping or crutches plan, **follow their instructions**.

PHASE	TIMING (ARMIN'S TITLES)	EXERCISES
Phase 1	0–3 weeks	Ankle alphabet; banded eversion; seated calf raise; standing weight shifts
Phase 2	3–8 weeks	Single-leg calf raise; step-down; single-leg balance reach; banded eversion (progressed)
Phase 3	8–12 weeks	Step landing practice; repetitive hopping; jog prep drill; single-leg balance toss

DAILY ROUTINE

Armin doesn't give sets or reps in these videos (except the 3-second holds and about 2 minutes for the jog drill), so the rest of the dosing is **suggested**: do the exercises for **your current phase once a day**, about **15 minutes**. Move on when the goals for your phase feel easy. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the ankle, or it **gives way**
- Pain above about 4/10, or pain that keeps building as you go
- A **big increase in swelling**, or pain that's worse the next day
- Pain right on the ankle bone

Stop that exercise and go back to the previous phase for a few days. Some soreness after starting a new phase is common; it should settle by the next day.

PHASE 1 · 0–3 WEEKS AFTER THE SPRAIN

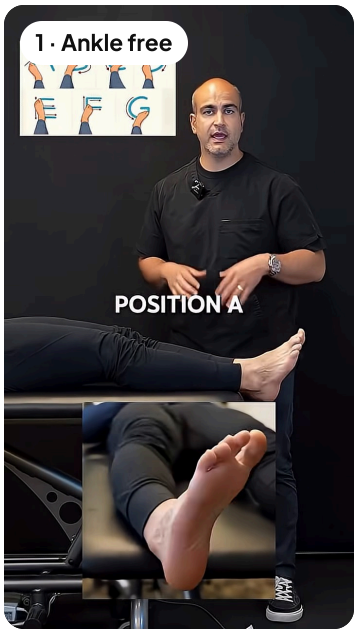
Exercises to do 0–3 weeks after a lateral ankle sprain

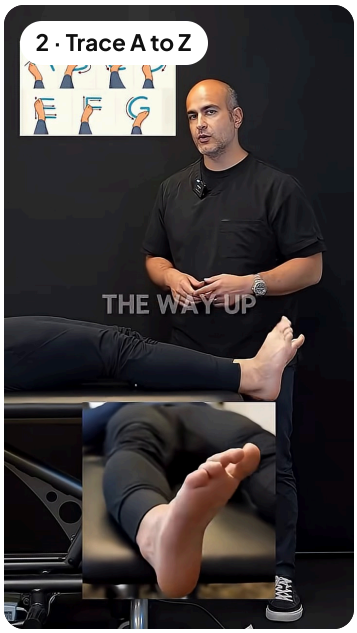
Goals (from Armin's video description): Protect the injured ligaments · Reduce pain and swelling · Regain ankle range of motion · Gradually restore normal walking · Begin strengthening and balance

Armin's description: you may need an ankle brace or supportive taping, and crutches at first if walking is painful.

1 Ankle alphabet

Gets your ankle moving again





1. Sit with your leg supported and **your foot free**, in this position.
2. **Try the alphabet** with your foot: A, B, C...
3. **Remain in a pain-free range of motion.**
4. Go all the way up to Z and repeat.

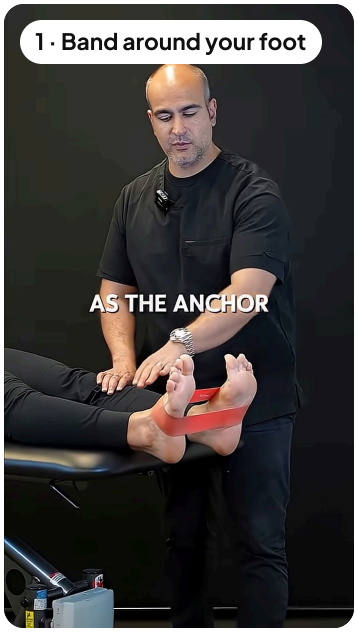
Alphabet **A to Z, 2–3 times**

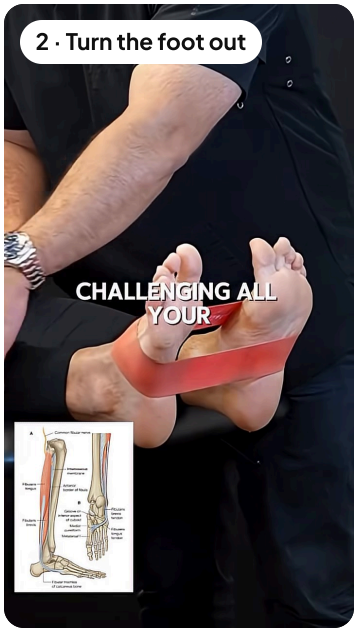
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

2 Banded ankle eversion

Starts strengthening your peroneal muscles





1. **Loop a band around your foot.**
2. **Use this foot as the anchor** with this one here.
3. **Evert the ankle** (turn the foot out), challenging all your peroneal muscles.
4. **Hold it for three seconds.** Come back and repeat. Stay in a pain-free range.

Hold **3 s, 2–3 sets of 10**

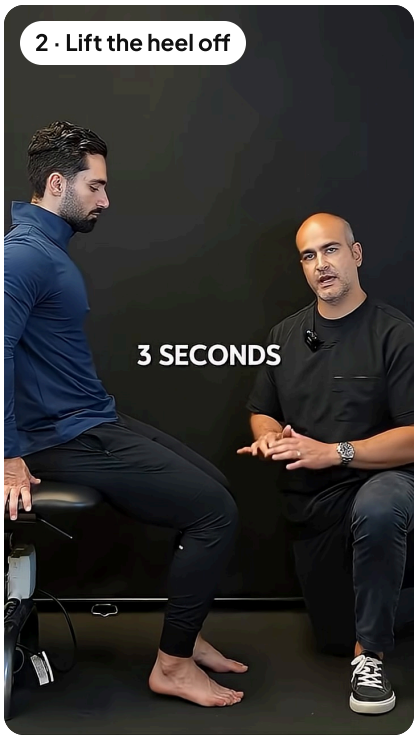
3 s hold from Armin's video; sets and reps suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

3 Seated calf raise

Works the calf and mobilizes the ankle





1. **Sit like so.**
2. **Do some gentle calf raises**, lifting the heel off.
3. **Hold it three seconds.** Gently go back down.
4. This works the muscles in the back of the calf and mobilizes your ankle. Stay pain-free and repeat.

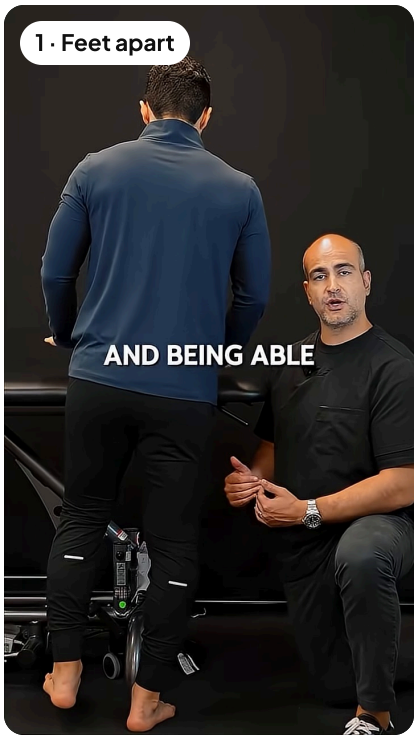
Hold **3 s, 2–3 sets of 10**

3 s hold from Armin's video; sets and reps suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

4 Standing weight shifts

Gets you used to weight on the sore ankle





1. Stand with your feet apart (hold on to something if you need to).
2. **Focus on weight shifts**, side to side.
3. Work on **being able to tolerate your weight on the affected side**.
4. **Do this slowly, pain-free**, and repeat.

2–3 sets of 10 shifts

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

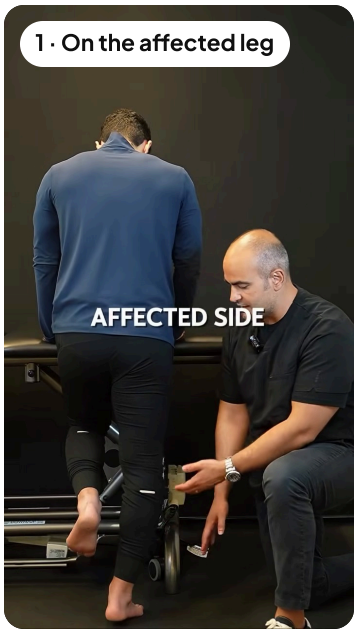
PHASE 2 · 3–8 WEEKS AFTER THE SPRAIN

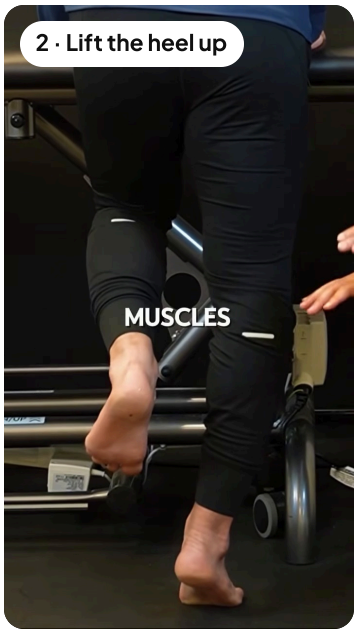
Exercises to do 3–8 weeks after a lateral ankle sprain

Goals (from Armin's video description): Regain full ankle range of motion · Improve ankle and calf strength · Restore balance and proprioception · Progress single-leg stability · Gradually return to running, jumping and sport

5 Single-leg calf raise

Loads the ankle and calf





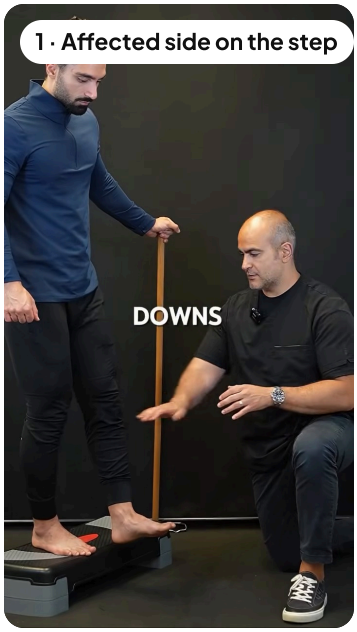
1. **Go on a single leg** on the affected side (hold on for balance).
2. **Try to lift the heel up**, activating the calf muscles.
3. **Slowly lower back down**, controlling the ankle.
4. Repeat.

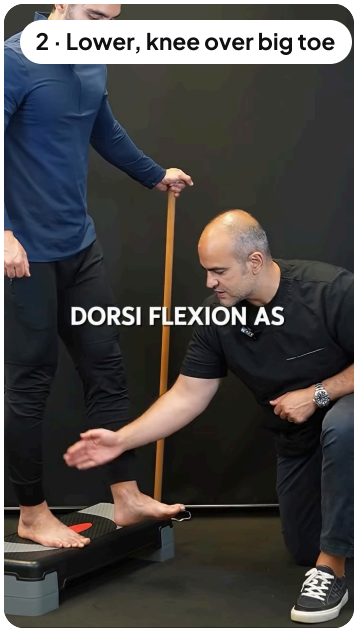
2–3 sets of 10–15 reps, slow and controlled
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

6 Step-down

Builds control and ankle bend (dorsiflexion)





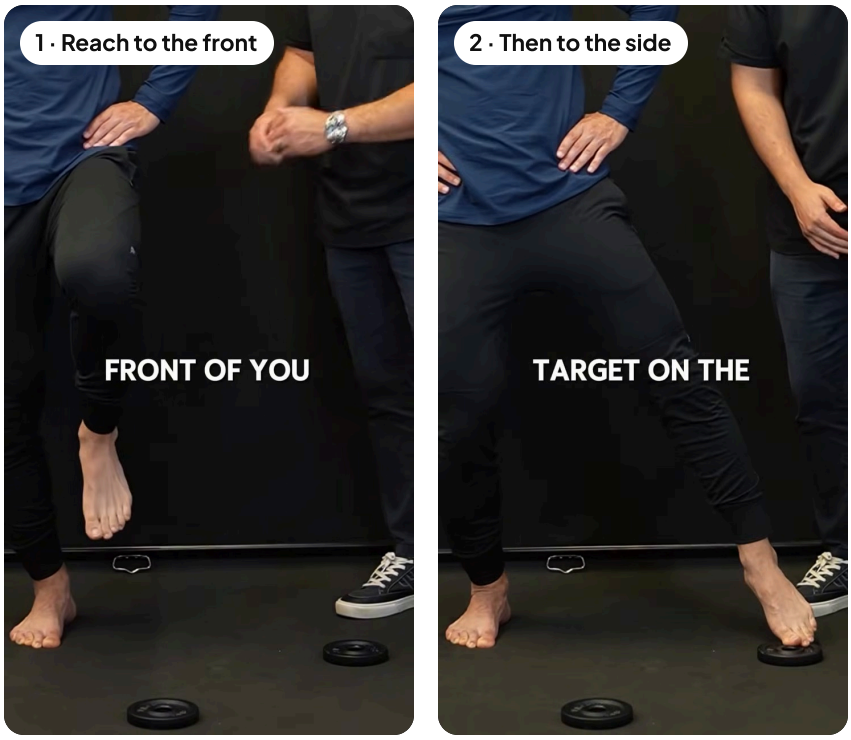
1. **Place the affected side on the step** itself.
2. **Lower the unaffected side**, making sure the **knee is lined up with the big toe**.
3. **Come right back up**, working the dorsiflexion as you go down.
4. **Do it slowly, controlled**, and repeat.

2–3 sets of 10 reps
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

7 Single-leg balance reach

Retrains balance on the affected ankle



1. **Stand on the affected side** and bend the knee just slightly.
2. From here, **move the unaffected leg towards the target in front of you**,
3. **then towards the target on the side**,
4. working the balance on the affected side. Repeat.

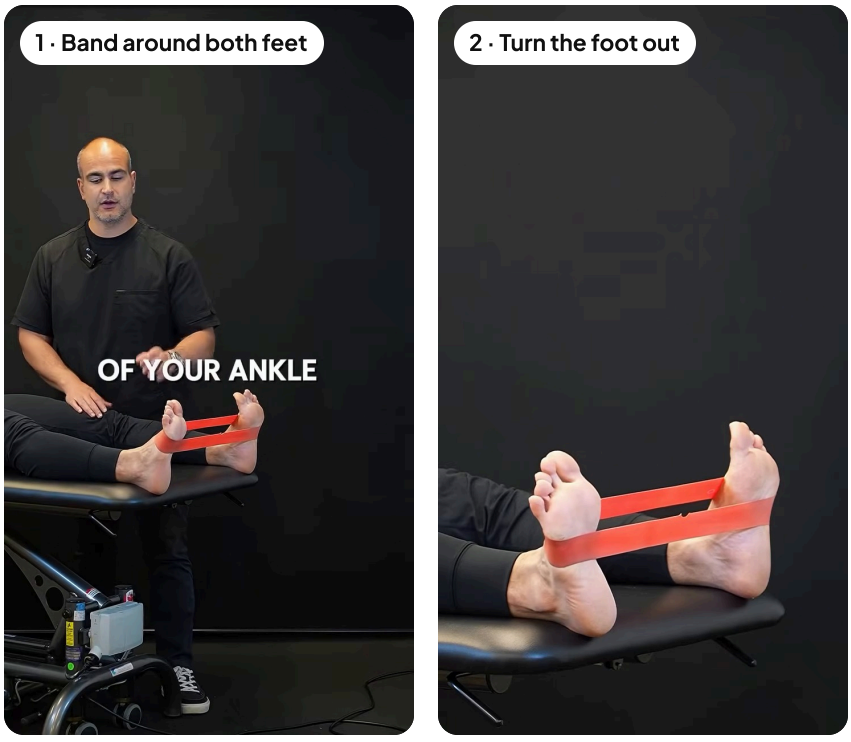
2–3 sets of 8–10 reaches

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

8 Banded eversion (progressed)

Strengthens the peroneals with more challenge



1. **Loop a band around your feet** like so; use this foot as the anchor.
2. From here, **evert the ankle** like so, working the peroneals.
3. **Make sure it's challenging** the area.
4. **Slowly come right back in** under control, and repeat.

2–3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

PHASE 3 · 8–12 WEEKS AFTER THE SPRAIN

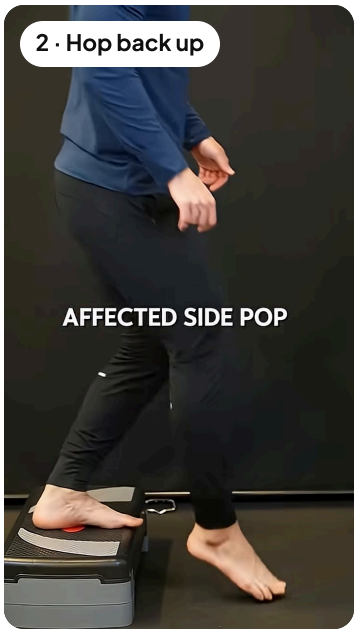
Exercises to do 8–12 weeks after a lateral ankle sprain

Goals (from Armin's video description): Restore full ankle strength and mobility · Improve advanced balance and single-leg control · Build jumping and landing ability · Progress running and change of direction · Gradually return to sport

9 Step landing practice

Practises landing on the affected ankle





1. Stand on the step. **Control your descent** from the unaffected side.
2. **Slowly lower down** and land on the affected ankle.
3. **Hop on the affected side** and pop right back up.
4. Repeat.

2–3 sets of 6–10, rest between sets
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

10 Repetitive hopping

Builds endurance in the muscles around the ankle





1. **Hop on the affected leg**, again and again.
2. This works the **endurance of the surrounding muscles**.
3. **Focus on landing softly.**
4. Repeat.

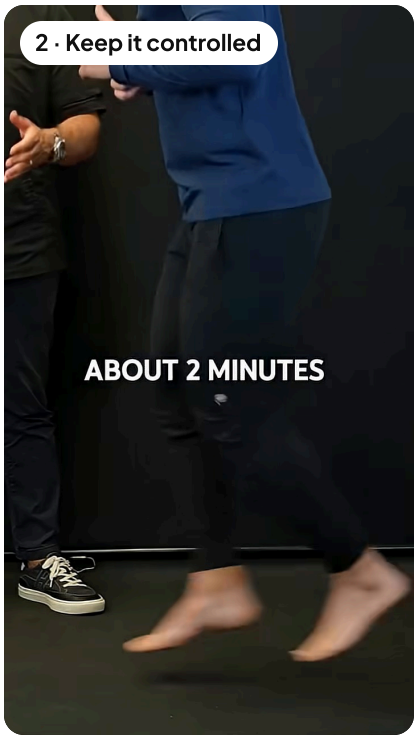
2–3 sets of 20–30 s
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

11 Jog prep drill

Prepares your ankle to tolerate jogging





1. Next, you want to **prepare your ankle to tolerate jogging**.
2. **Do this functional movement** (a light jog on the spot, as shown).
3. **Control the mobility** of the ankle.
4. Repeat.

About 2 minutes
2 minutes from Armin's video

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

12 Single-leg balance toss

Challenges your balance





1. **Stand on one leg.**
2. **Toss a ball to a friend or a wall.**
3. Catch it while keeping your balance.
4. Repeat, then switch legs.

2–3 rounds of 30–60 s on each leg
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or the ankle feels like it's going to give way.

SAFETY FIRST

Get checked right away if you have

- You **can't take 4 steps** or put weight on the foot after the injury
- Pain **right on the bone**: the back or tip of either ankle bone, or the base of the little-toe bone
- The ankle looks **deformed**, or the foot is **cold, pale or numb**
- **Calf pain, swelling or redness**, especially with shortness of breath
- A **hot, red** ankle with **fever**
- The ankle keeps **giving way** or swelling isn't settling after a few weeks

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight, have pain right on the bone, or the ankle looks deformed, **get it checked the same day** (urgent care or emergency), as it may need an X-ray. If your ankle keeps giving way, **book an assessment**.

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