



Acute Ankle Sprains 0-2 Weeks

What is the class for?

These exercises are appropriate for those who have a confirmed soft tissue ankle injury, where fracture has been ruled out.

The aim of these exercises is to manage pain and swelling whilst maintaining as much function as possible.

Only complete these exercises if you have been instructed to do so by your Physiotherapist or GP.

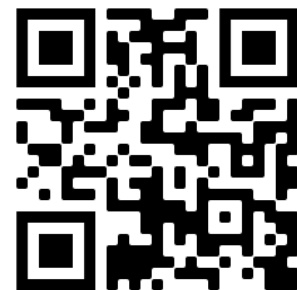
Some discomfort is normal with these exercises but try to avoid pushing into pain.

If you have persistent increased pain, please stop all exercises and contact your medical practitioner.

What do I need?

The exercises are performed on the floor or bed, in a chair and in standing with a wall for support.

A towel is needed.



URL : <https://www.youtube.com/watch?v=dUufz3Q1g4w>

