



# Acute Ankle Sprain 2+ Weeks

## What is the class for?

These exercises are appropriate for those who are two or more weeks following an ankle sprain.

The aim is to restore strength and function whilst continuing to respect the soft tissue healing which typically takes around 6 weeks.

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 a chair or in standing.

You will need a light resistance band and a ball.



URL: <https://www.youtube.com/watch?v=yKTB6jOOjg8>

