

# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

[AtikokanHospital.medbridgego.com](https://AtikokanHospital.medbridgego.com)

Access Code: **KXL2PAQ7**

## Two Ways to Access



### Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



### Open in your browser

To access your home exercise programs.

## By Accessing Online You Can

### View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

### Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

### Track your progress

Keep track of your activity and progress throughout treatment and post care.

## Clinician Notes

This is a general recommendation for rehabilitation of an ankle sprain. Phases 1-3 are indicated below the pictures.

Phase 1 is generally day 3-7 post sprain, phase two is 1-2 weeks post sprain and phase 3 is 3-4 weeks post sprain. Progress slowly and monitor pain. Aching after exercise is normal, however severe or sharp pain during exercise should be avoided. Continue phase 3 for 4 weeks or until no longer having symptoms.

If progressing to phase 3 is painful return to phase 2 for a week and trial the progression again the next week.

Alternatively, your physician may recommend specific exercises within this routine.

STEP 1



STEP 2



### Non-Weight Bearing Walking with Crutches

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

Phase 1

#### Setup

Begin in a standing upright position resting on crutches with your involved leg elevated off the ground.

#### Movement

Shift all of your weight onto your standing leg and bring both crutches forward. Then shift your weight onto the crutches and swing your uninjured leg forward. Continue walking in this manner.

#### Tip

Make sure to keep your involved leg elevated off the floor and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Ice

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

Phase 1, 2

Icing, also called cryotherapy, is the use of cold to help ease pain and/or reduce the onset of swelling or bruising, and muscle spasms.

To apply ice, use a gel ice pack or an unopened bag of frozen vegetables, such as peas. Wrap the ice pack in a pillowcase if it does not already have a layer of cloth or fabric over it. This protects your skin and keeps the ice pack clean.

In general, using an ice pack for 10 to 20 minutes is enough to cool the tissues and decrease pain. Avoid using ice longer than 20 minutes, as this may cause damage to the skin or nerves.

Be sure to occasionally check the skin beneath the ice pack for irritation, and remove the ice if irritation occurs.

Make sure to follow any specific instructions from your healthcare provider on how to position your body when using ice, how to keep the ice on, and how many times a day you should use ice. If you have any questions about using ice, please contact your healthcare provider.

STEP 1



STEP 2



### Seated Ankle Inversion Eversion PROM

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

Phase 1, 2

#### Setup

Begin by sitting on a chair with one leg crossed over your other and holding your foot with your hands. One hand should be grabbing the ball of your foot and the other should be around your heel.

#### Movement

Using just your hands, slowly rotate your foot inward and outward.

#### Tip

Make sure to keep your ankle relaxed as you move your foot.



### Seated Ankle Plantarflexion Dorsiflexion PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 1,2

#### Setup

Begin by sitting on a chair with one leg crossed over your other and holding your foot with your hands. One hand should be grabbing the top of your foot and the other should be around your heel.

#### Movement

Using just your hands, slowly bend your ankle upward and downward.

#### Tip

Make sure to keep you ankle relaxed as you move your foot.



### Partial Weight Bearing Walking with Crutches

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 1,2

#### Setup

Begin in a standing upright position resting on crutches, with your involved leg resting lightly on the ground.

#### Movement

Shift all of your weight onto your uninvolved leg, then bring both crutches and your involved leg forward. Transfer most of your weight onto the crutches, and you bring your uninvolved leg forward to repeat those motions.

#### Tip

Make sure to place only a small amount of weight onto your involved leg and do not shrug your shoulders during the exercise.



### Ankle Pumps in Elevation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2

#### Setup

Begin lying on your back with your legs resting on a chair.

#### Movement

Slowly pump your ankles by bending and straightening them.

#### Tip

Try to keep the rest your legs relaxed while you move your ankles.



### Supine Ankle Inversion Eversion AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2

#### Setup

Begin laying flat on your back and your leg straight and relaxed.

#### Movement

Rotate your ankle outward, then inward as far as is comfortable and repeat.

#### Tip

Make sure to keep the rest of your leg still as you move your foot.

STEP 1



STEP 2



### Long Sitting Isometric Ankle Plantarflexion with Ball at Wall

REPS: 8 | SETS: 2 | HOLD: 10 | DAILY: 2 | WEEKLY: 7

Phase 2

#### Setup

Begin sitting upright with your involved leg straight forward, holding a ball between the underside of your foot and a wall.

#### Movement

Gently press the bottom of your foot into the ball, hold briefly, then relax and repeat.

#### Tip

Make sure to keep the rest of your leg relaxed and do not let your foot rotate to either side during the exercise.

STEP 1



STEP 2



### Long Sitting Isometric Ankle Inversion in Plantar Flexion with Ball at Wall

REPS: 8 | SETS: 2 | HOLD: 10S | DAILY: 2 | WEEKLY: 7

Phase 2

#### Setup

Begin sitting upright with your involved leg straight forward, holding a ball between the inside of your foot and a wall.

#### Movement

Point your toes away from you, then gently press the inside of your foot into the ball, hold briefly, then relax and repeat.

#### Tip

Make sure to keep the rest of your leg relaxed and only move at your ankle joint during the exercise.

STEP 1



STEP 2



### Long Sitting Isometric Ankle Eversion in Plantar Flexion with Ball at Wall

REPS: 8 | SETS: 2 | HOLD: 10S | DAILY: 2 | WEEKLY: 7

Phase 2

#### Setup

Begin sitting upright with your involved leg straight forward, holding a ball between the outside of your foot and a wall.

#### Movement

Point your toes away from you, then gently press the outside of your foot into the ball, hold briefly, then relax and repeat.

#### Tip

Make sure to keep the rest of your leg relaxed and only move at your ankle joint during the exercise.

STEP 1



STEP 2



### Standing Gastroc Stretch on Step

REPS: 1 | HOLD: 90S | DAILY: 1 | WEEKLY: 3-4

Phase 3

#### Setup

Begin standing in front of a small step or platform.

#### Movement

Place the front part of one foot onto the platform. You should feel a stretch in the back of your calf and knee.

#### Tip

Make sure to keep your knee straight throughout the stretch and perform it in a slow and controlled manner.

STEP 1



STEP 2



### Seated Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 3

#### Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

#### Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

#### Tip

Make sure to keep the balls of your feet in contact with the floor.

STEP 1



STEP 2



### Heel rises with counter support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Phase 3

#### Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

#### Movement

Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

#### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.

STEP 1



STEP 2



### Seated Figure 4 Ankle Inversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Phase 3

#### Setup

Begin sitting upright with one ankle resting on your opposite thigh and a resistance band around that foot. The band should be anchored under your other foot on the floor.

#### Movement

Bend your foot away from your body, then rotate your foot by lifting your toes up toward the ceiling, pulling against the resistance. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Single Leg Stance on Foam Pad

REPS: 5 | HOLD: 30S | DAILY: 1 | WEEKLY: 7

Phase 3

#### Setup

Begin in a standing upright position on a foam pad with your feet together and arms resting at your sides.

#### Movement

Lift one foot off the pad or pillow, balancing on your other leg with knee slightly bent. Maintain your balance in this position.

#### Tip

Try not to move your arms away from your body or let your weight shift from side to side. You can use a pillow instead of a pad.

STEP 1



STEP 2



### Standing Isometric Single Leg Heel Raise at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Phase 3

#### Setup

Begin in a staggered stance position with your hands resting flat against a wall at shoulder height.

#### Movement

Draw your back leg up toward your chest, bending your knee and raising up onto the ball of your stance foot. Return to the starting position and repeat.

#### Tip

Make sure to keep your movements slow and controlled and maintain your balance during the exercise.

STEP 1



STEP 2



### Squatting Ankle Dorsiflexion with Table

REPS: 10 | SETS: 3 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Phase 3

#### Setup

Begin in a squatting position holding onto a stationary object in front of your body with both hands.

#### Movement

Slowly lean your body forward, bending at your ankles until you feel a stretch in the back of your calf.

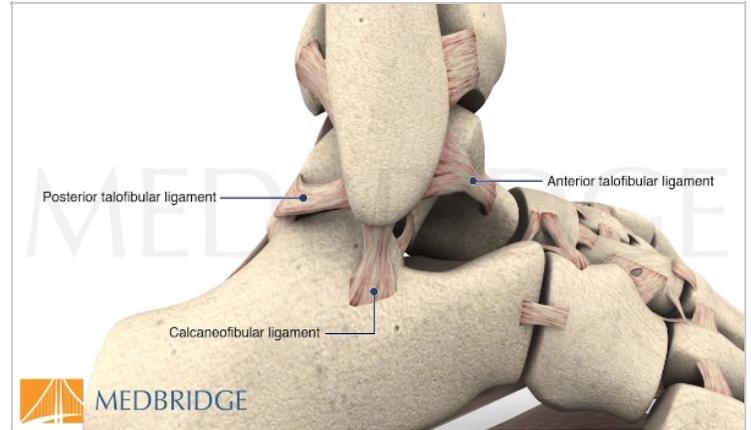
#### Tip

Make sure to keep your heels on the ground during the exercise.

# Acute Ankle Sprain



**Side of Foot: Ankle Sprain Injury Mechanism**



**Side of Foot: Affected Ligaments**

Most ankle sprains are caused by rolling your foot inward. This is called a lateral ankle sprain, or an inversion sprain. It occurs when the ligaments on the outside of your ankle are stretched too far or torn.

The ligaments most often affected in a lateral ankle sprain are the posterior talofibular ligament, the calcaneofibular ligament, and the anterior talofibular ligament.

Ankle sprains may take from 6 weeks to several months to heal.

In early treatment, you may learn the R.I.C.E. principle:

**R** is for Rest. Avoid painful activities to give your ankle time to heal. Limit walking and standing while your ankle is painful and swollen.

**I** is for Ice. Apply ice for 20 minutes, up to once per hour. Place ice in a thin towel before placing it on your body.

**C** is for Compression. Your provider will show you how to apply a bandage or wrap to decrease the swelling and help the healing process.

**E** is for Elevation. Keep your ankle elevated above your heart as much as possible during the day to help reduce swelling and speed up your recovery.

Early treatment, specific exercises, and bracing can speed up your recovery, decrease your pain, and help prevent reinjury.

Your provider may give you a walking aid or a brace to keep weight off your injured ankle and support it while it heals. You will be given a home program that includes stretching and strengthening exercises to help your ankle recover.

## Walking with Crutches: Non Weight-Bearing



- Begin in a standing position with a crutch under each arm and the affected leg lifted off the ground.
- Use your arms to slowly bring both crutches forward.
- Keeping your weight off of your affected leg, swing your body forward and past the crutches.
- Repeat the motion to move forward.
- Make sure to push through your hands and avoid hanging on your armpits when swinging forward.

## Going Up and Down Stairs with Crutches - Weight Bearing



**IMAGE 1**



**IMAGE 2**



**IMAGE 3**

When going up stairs with crutches, it is important to remember proper form to make your movements easier and prevent injury.

- Begin facing the stairs with crutches under your arms. Make sure to stand as close to the bottom of the stairs as possible (Image 1).
- Step up onto the first step with your nonsurgical or uninjured leg, using the crutches for weight bearing as instructed. Using the muscles in your strong leg, bring your surgical or injured leg and your crutches up onto the same step. Continue this pattern until you reach the top.

To go down stairs:

- Begin at the top of the stairs with crutches under your arms. Make sure to stand with your toes close to the edge of the step.
- Place your crutches on the step below you (Image 2).
- Place your surgical or injured leg down onto the same step as your crutches, using your crutches for weight bearing as instructed, then step down with your strong leg.
- Continue this pattern until you reach the bottom.

Tip:

- Make sure to take your time and keep your balance with each step.
- Remember to lead with your strong leg, or good leg, going up stairs and lead with your surgical leg, or bad leg, going down stairs (Image 3).