Ankle rehabilitation after a sprain — Exercises at home

Begin only after fracture has been excluded and weight-bearing is permitted.



Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Ankle pumps

Sitting or lying down, slowly draw the toes up towards you and point them away without forcing the motion.

Starting amount: 6–10 ×

02 Ankle circles

Support the leg while seated and make small circles with the foot in both directions.

Starting amount: 6–10 ×

03 Ankle movements against a band

Once cleared, move the foot slowly against a light resistance band and return with control.

Starting amount: 6–10 ×

04 Supported heel raise

With a safe handhold, lift both heels slowly and lower them again.

Starting amount: 6–10 ×

05 Supported single-leg stand

Stand next to a stable support and briefly lift one foot, ready to hold on at any time.

Starting amount: 3 × 10–20 s

Safety & when to stop

Only exercise within the permitted weight-bearing limit. Worsening pain, instability or swelling requires reassessment.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.