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THE SPORTS INJURY CLINIC ON THE NET!

Sprained Ankle Weekly Exercise Record Sheet

Date / /

EXERCISE	SETS	REPS/ TIME(S)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	COMMENTS
Mobility										
Plantar flexion/Dorsi-Flexion										
Active Inversion/Eversion										
Gastrocnemius Stretch										
Soleus stretch										
Strengthening										
Resisted plantar flexion										
Resisted dorsiflexion										
Isometric Eversion/Inversion										
Resisted Eccentric Inversion										
Calf Raise										
Proprioception										
Standing one leg, eyes open										
Standing one lone leg, arms by side										
Standing one leg, eyes closed										
Standing on one leg, unstable										
Hopping										
Hopping figure 8										