

1



**Cross Over Walk / Carioca**

Cross your right foot in front of your left and then take a lateral step with your left foot as you step sideways. Then cross your right foot behind your left leg and take a lateral step with your left foot as you continue to step sideways. Alternate stepping your lead foot in front and then behind the trail leg for 20 yards. Repeat going in the opposite direction.

2



**Wall airplane**

Stand on one leg with toes pointed straight ahead and knee unlocked approximately 2-3 feet in front of a wall. Hinge at your hip as you lean your trunk forward and place your opposite foot lightly on the wall behind you. Hold this position for 45-60 seconds. You should feel it in the gluteal and thigh muscles of the standing leg.

3



**Anterior Cone Touch (opposite hand)**

Stand on one leg with your knee unlocked and foot pointed straight ahead. With your chest up tall, hinge at your hip as you bend forward to touch a cone or 6" high object about 1-2 feet in front of you with your opposite hand. Return to the starting position. Perform 3 sets x 12-15 repetitions.

4



**Split Squat with Rotation**

Start in a 1/2 kneeling position (one foot in front). Engage your leg muscles to lift your back knee up off the floor. Make sure your front knee is in line with your 2nd toe and stacked on top of your ankle. Maintain this position as you turn your trunk towards the front leg. Return to the starting position. Perform 3 x 12 repetitions.

5



**Downward Dog**

Assume a four-point position. With shoulders over hands and back straight curl the toes under while lifting the hips up and back as you straighten the legs. Breathe in the pose while allowing your head to hang in a relaxed position and attempting to bring the heels to the floor. Hold for 30 seconds before returning to hands and knees. Repeat 3 times.

6



**Revolving Triangle**

Stand with your feet 3-4' apart, toes straight ahead, arms out to a "T". Turn your right foot 90°, turn your L foot in the same direction and square your pelvis to the front. Exhale as you reach for the right foot with your left hand and the right arm reaches towards the ceiling. Take 5 deep breaths (30 seconds). Following your last exhale, return to the starting position. Repeat to the L side.

## **What is a Lateral Ankle Sprain?**

A lateral ankle sprain is an injury to one of the ligaments on the outside of the ankle, most commonly the anterior talofibular ligament.

## **The Why Behind the What**

### **Exercise #1 - Cross Over Walk / Carioca**

This exercise is a great warm up before completing the rest of the exercises. It improves the flexibility of the gluteus medius, a muscle at the side of the hip, and increases flexibility at the ankle too, without putting stress on the injured ligament. Make sure your feet stay straight forward, knees are unlocked, and your big toe touches the floor while you complete this exercise.

### **Exercise #2 - Wall Airplane**

This yoga pose strengthens the gluteus medius. In this exercise, it teaches the gluteus medius to hold your pelvis level, and maintain the correct posture. In addition, your gluteus maximus has to work hard to keep you in the right position. Lastly, this exercise helps with ankle mobility, as part of this pose is balancing for the 30 seconds.

### **Exercise #3 - Anterior Cone Touch (Opposite Hands)**

This is a great way to both stretch the hamstrings and work the gluteus maximus at the same time. Stretching the hamstrings and strengthening the gluteus maximus will help prevent further injury to the ligaments at the ankle. You should feel this exercise in your glutes! Make sure your knee is unlocked and directly over your foot, and keep your back straight to get the most out of this exercise.

## **The Common Causes of Lateral Ankle Sprain**

Lateral ankle sprains are generally caused from excess forces applied to the ligament while the foot is pointed down and inward. Ligaments are strained when the muscles are not strong enough to dissipate the forces applied to the joint. Lateral sprains can be caused by tight lateral hamstrings, a displaced fibula, and incorrect pelvic alignment.

### **Exercise #4 - Split Squat with Rotation**

This exercise activates the gluteus maximus and quadriceps muscles while stretching the hip flexors of the back leg. When these muscles are activated, the muscles in the calves don't have to work so hard, which allows the strained muscles to heal.

### **Exercise #5 - Downward Dog**

This is a great stretch for the hamstrings and the muscles of the calf. This stretch teaches the muscles that they need to work in a long position, and we all know that muscles only learn the lessons we teach them!!

### **Exercise #6 - Revolving Triangle**

The revolving triangle is another great stretch for the hamstrings, but this time we are targeting the lateral hamstring (on the outside of the thigh). If this muscle gets too tight, it can displace the fibula, one of the bones in your lower leg, and can cause injury to the ankle. Stretching this muscle prevents this from happening.