

# UPSWING HEALTH

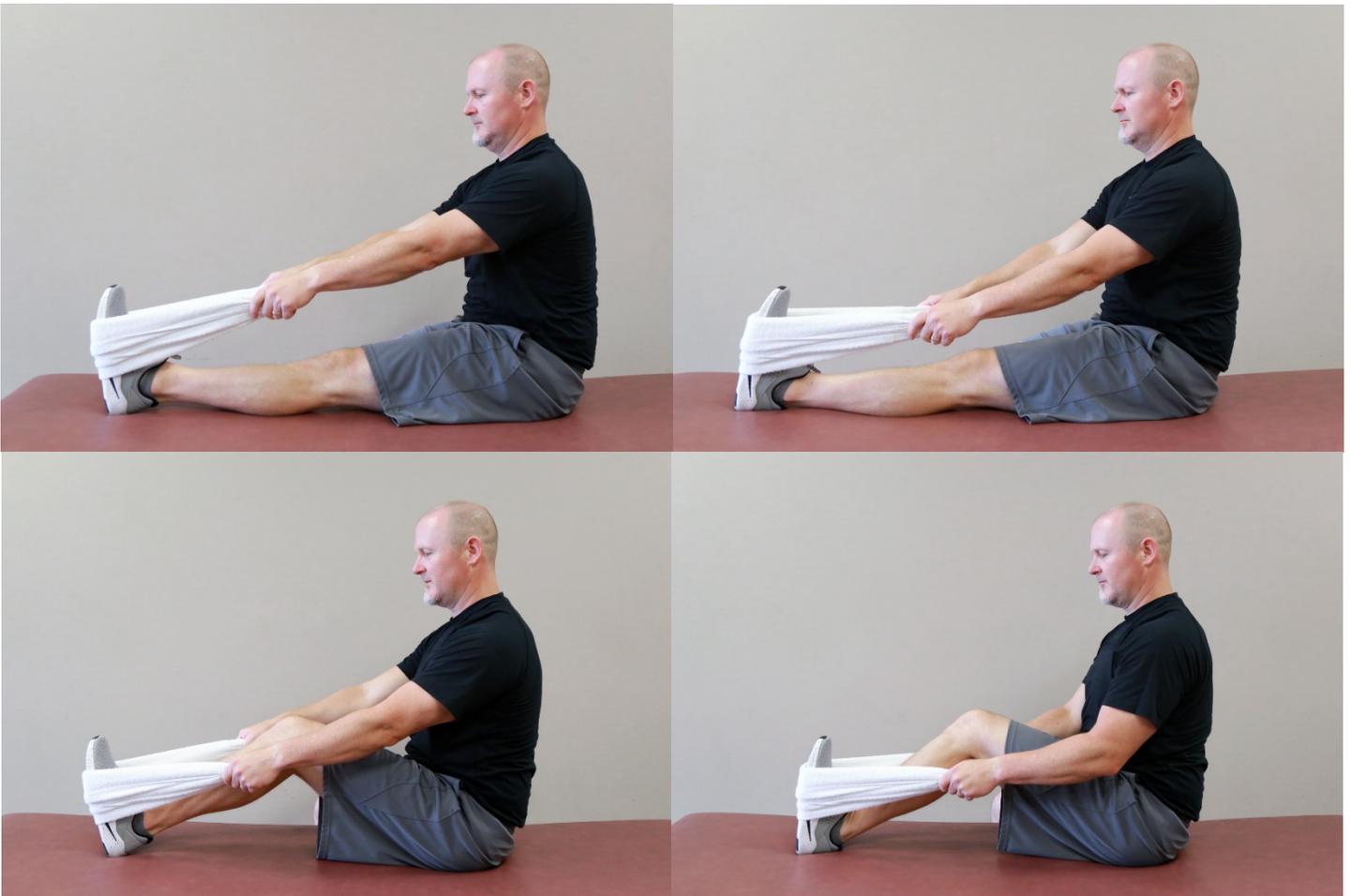
## Ankle Sprain (Syndesmotic)

### Towel Calf Stretching

Place your involved leg straight out in front of you. Place a towel at the ball of your foot and pull the ends toward you until you feel a stretch in your calf. (Do not hyperextend your knee when you stretch.)

Slightly bend the knee of your involved leg before you place the towel at the ball of your foot. Pull the ends toward you until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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## Standing Calf Stretching

**Gastrocnemius** - Begin by facing a wall. Keep your back leg straight, with your heel on the floor and your toes turned slightly inward. Lean into the wall until a stretch is felt in your calf. (Keep your back straight as you stretch.)

**Soleus** - Begin by facing a wall. Bend the knee of your back leg, with your heel on the floor and your toes turned slightly inward. Lean into the wall, keeping your knee bent, until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



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## Quarter Wall Squats

Leaning on wall, slowly lower buttocks toward floor until your knees are slightly bent. Your knees should remain over your ankles, not in front of your toes. Tighten thigh muscle as you return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



## Anterior Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



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## Lateral Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.

