

Managing an Ankle Sprain

- Seek assistance for the management of any ankle sprain from a Physiotherapist who is familiar with Netball.
- No two ankle sprains are the same.
- There are four phases of recovery, and the length of each phase depends on the severity of the ankle injury, mild sprains may recover in 2 weeks, more severe sprains may take 6-12 weeks or even longer.

Phase 1 Protect the Injured Ligament

P.R.I.C.E.D

APPLY P.R.I.C.E.D AS SOON AS YOU CAN

- Don't miss a fracture. See a Doctor or Physiotherapist to be sure.



Protect



Rest



Ice



Compress



Elevate



Diagnose

Focus on what you can do, not what you can't do.

Fitness:

Swim, Bike, [Core](#), Arms

Netball:

Attend training; work on core, help the coach, keep in contact with the team.

Practice ball on the wall, to help with passing.



Phase 2 Restore Movement and Strength

Once swelling has gone down and walking is comfortable, it is time to restore ankle range of movement and strength. Here are some movements you can complete.

Restore Ankle Dorsiflexion:

The movement that occurs at the ankle when landing from a jump - the knee moves over the foot. Failure to restore this movement, affects landing strategy and may increase your risk of sustaining a knee injury.

Seek guidance from a physiotherapist



Restore Ankle Eversion Strength

(Turning your foot out against rubberband)

Start with 10 repetitions with light resistance, do 2 sets. Progress to a heavier resistance.

Seek guidance from a physiotherapist



Restore Calf Strength, Calf Rises:

Start with a controlled rise and lower using both legs. Progress to single leg. Ensure you use a pain free range.

Do 10 repetitions. Do 2 Sets.

Seek guidance from a physiotherapist



Focus on what you can do, not what you can't do.

Fitness: Swim, Bike, [Core](#), [Body Weight Strengthening](#)

NetballSmart Dynamic Warm Up: Bench & side bench on knees. Nordics/RDLs, squats and lunges within a comfortable range. Walking versions of the running section. Try "walk-walk-stick" versus prop, prop, stick.

Netball: Passer at training, NO games.

Phase 3 Re-train - Balance

Once strength and ankle range of movement is restored and the injured ankle is the same as the non-injured ankle (ie left ankle = right ankle), it is time to re-train balance.

When spraining an ankle, there is damage to tiny nerve endings that are responsible for reflex speed, balance & telling the brain where the ankle is positioned (proprioceptors). This damage increases risk of future sprains; 50% will re-sprain within 24-months. It is essential to re-train these receptors using single leg balance tasks. Progress by adding a task or skill or, a wobble board or disc.



Focus on what you can do, not what you can't do.

Fitness: Swim, Bike, [Core](#), [Body Weight Strengthening](#)
NetballSmart Dynamic Warm Up: Bench & side bench on knees. Nordics/RDLs, squats and lunges within a comfortable range. Walking versions of the running section. Try "walk-walk-stick" versus prop, prop, stick, progress to running.

Netball: Passer at training, NO games.

Phase 4 Returning to Running and Re-training Landings

Return to Run: Endurance



Start with a 15-30-min brisk walk and if the ankle copes, next time jog a few minutes: walk a few minutes. Gradually increase the amount of jogging and decrease the amount of walking until you can jog 15- 30-min. Then increase your speed.

Return to Run: Speed



Start with 30-metre stride outs of the length of the Netball court. Take your time to accelerate and decelerate. If the ankle copes, pick up the speed of the running, and speed of acceleration/ deceleration. Finally increase repetitions.

Start with 4 and build to 10.

Re-train landing



Start by dropping to squat from calf raise, then small jumps and gradually increase height. Always land well.

To re-train single leg landings, start by dropping to a single leg squat from a single leg calf raise. Progress to hopping and prop, prop, stick.

Check our [Landing Skills booklet](#) for more ideas!

Focus on what you can do, not what you can't do.

Fitness: Continue to use swimming and biking to support your running training, [Core](#), and [Body Weight Strengthening](#)
NetballSmart Dynamic Warm Up: Bench and side bench. Nordics/RDLs, squats and lunges. Running section. Jump and landing section of NSDWU.

Netball: Passer at training, NO games.