RUGBY · RIVERSIDE RUGBY CLUB

Ankle sprain, phase 2

Rehab programme

PLAYER	HOW OFTEN	NEXT REVIEW
Ravi Sandhu	Daily, with the hops on alternate days	Fri 13 Nov 2026

AIM

Rebuild calf strength and balance on the right ankle, and start landing and hopping so you are ready for running drills.

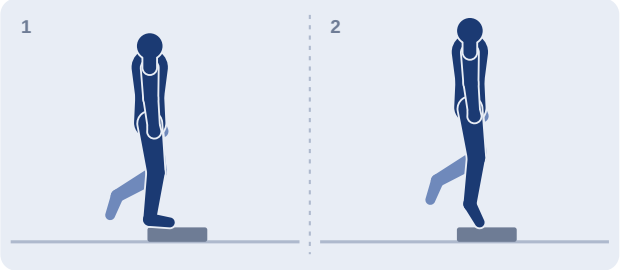
PRECAUTIONS

Stop and tell me if the ankle swells after a session, or if pain goes above 3 out of 10 and stays up the next morning.

Your exercises

6 exercises

Where a picture is in two parts, look at 1 first and then 2.

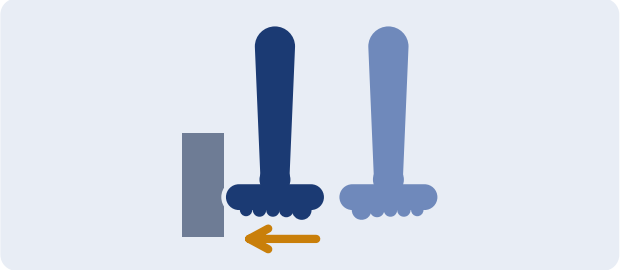


1 Single-leg calf raise

Sets	3
Reps	12 each leg
Rest	60 s

HOW TO DO IT

Slow on the way down. Hold a wall for balance only.



2 Isometric ankle eversion

Sets	3
Reps	10 with a 5 s hold
Rest	30 s

HOW TO DO IT

Push the outside of the foot into the wall.



3 Single-leg balance on a foam pad

Sets	3
Time	30 s each leg
Rest	30 s

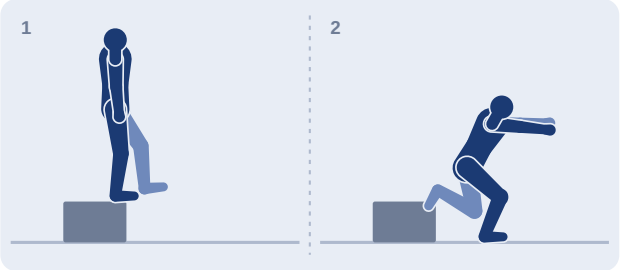
HOW TO DO IT

Eyes closed for the last set if it feels steady.



4 Single-leg reach

Sets	3
Reps	5 each direction
Rest	30 s

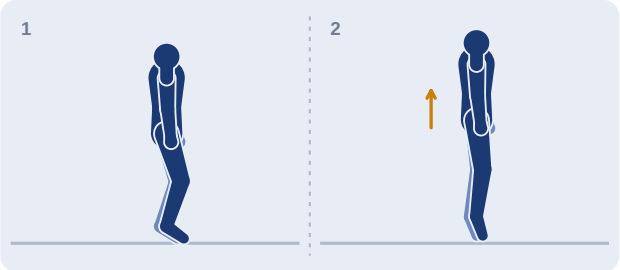


5 Single-leg drop landing

Sets	3
Reps	5 each leg
Load / intensity	Low box, about 20 cm
Rest	60 s

HOW TO DO IT

Land quietly with the knee over the toes.



6 Pogo hops

Sets	3
Reps	15
Rest	60 s

HOW TO DO IT

Alternate days only.