

## Argument and Persuasion

Everyday millions of people in the world get injured. Whether they are devastatingly injured or they have just a little sprain or pulled muscle, people all over the world have different preferences as to what exercises and therapy they need to heal themselves. One of the most common injuries that people go through is an ankle sprain. Athletes are more prone to spraining their ankle because of the many different and random movements they make. Now the real quarrel is what kinds of exercises and therapy treatments are the best for an ankle sprain.

There are a few exercises that all athletes usually use to strengthen their ankle muscles up again, but it really depends on the person and their tolerance levels as to which exercise is better. One workout that someone with an ankle sprain can do involves a resistance band about the length of their leg. Tie the band to where there's a hole that one can stick their foot in and perform exercises that not only workout the ankle but also stretch it out (Society).

Another exercise is by using a platform that is unstable to stand on. As they are standing on this trying to not fall, all the small muscles that are found in the ankle and lower leg are being worked out which strengthens the ankle and gets it closer to normal. Many say that this exercise is too difficult and too tough for; however, if they don't try to push through the pain, they will not get better and regain strength in their ankle like they wish they would have (Society).

Some very simple stretching exercises for an ankle sprain can vary from something as simple as tracing the alphabet with the big toe or sitting flat footed and moving the knee in different directions to stretch out the different ligaments and tendons in the ankle and lower leg. There are many different exercises that one could go through to rehabilitate their ankle and fix it closely to the way it was; however, the most important ones are the ones that stretch the ankle

out the best (Staff). Some other ways to ensure that the stretching is working or that it is being done effectively is to have someone else physically stretch out the injured ankle. While sitting in a chair bring the ankle up to the other knee, and put pressure and resistance in different directions to stretch out close to every ligament and tendon in the foot, ankle, and lower leg (Center).

Ankle sprains are the most common injuries that athletes go through and the most important exercises are ones that stretch out all the muscles and tendons. The stretching also helps with the blood flow through the injured area and helps reduce the swelling. When one goes through the awful time of getting injured, they are really expecting the doctor or physical therapist to heal them as quickly as possible so that they can get back to their normal life. Stretching out the ankle with the simple alphabet tracing and sitting flat footed in a chair are some easy and effective ones that will help regain movement and muscle in the ankle. The different stretches will support the many exercises and strengthening that come after the swelling is reduced and blood flow is restored through the ankle.

Of course after the swelling has gone down, the blood flow is back, and they are able to walk with little to no pain, then different exercises will be the most important. When they are able to put pressure and their full body weight on their ankle that is the sign that they are ready for strengthening exercises so that they can get back to doing what they were doing before the injury. Different workouts that will assist in regaining muscle strength involve a lot of resistance band exercises. One can use one resistance band for all exercises to help restore muscle. Securing the band on something that won't move and will keep it stable is needed in order to perform each exercise efficiently. Having the toes of the injured ankle connected to the band with a lot of resistance when pulled is how each of the exercises starts out. With the toes of the injured ankle in the band, pull the foot in different directions that will work out the ankle muscles

in all ways that may be needed (Center). After one is able to walk and put full pressure on the ankle that was injured, they are ready to start working out all the muscles found in the lower leg, ankle, and even foot.

Many might say that there are other exercises out there for an ankle sprain but these are the most effective ones that will help regain range of motion, blood flow, and restore muscle in the lower extremity. Ankle sprains are difficult injuries to recover from, given that after the first sprain there is a 40-70% of re-injury (Center). Recovering fully and correctly from an ankle sprain is very important due to the fact that re0injury is rather easy compared to the first time it is sprained. The best kinds of rehabilitation exercises at first are the ones the stretch out the ankle to restore blood flow and motion and after that is back strengthening the ankle is the next important time for ankle sprains.

## Works Cited

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