

— 7 SIMPLE STEPS TO EASE —

# Ankle Pain

*And get back to the sport, training and life you love —  
without pills, injections or surgery*



AMY · AG INJURY REHABILITATION

## Sports Rehabilitation in Wigan

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## A quick note before you read on

This guide is here to help you feel more confident about the choices you have when your ankle is playing up — and to show you that there is usually a great deal you can do before pills, injections or surgery ever come into the picture. It isn't a substitute for a proper one-to-one assessment, but it's a very good place to start.

# About the Author

## Who is Amy at AG Injury Rehabilitation?

I help active people in and around Wigan get back to the things they love — whether that's five-a-side, a round of golf, their weekend run or simply keeping up with the kids — without being told to just "rest it" or "live with it".

I know first-hand how much being active matters. I've always played sport myself — a lot of football, right up until a few years ago — so I understand how much it means to stay fit and doing what you love, and just how frustrating it is when an injury gets in the way.

So much ankle pain advice leaves people frightened of their own bodies: told their scan looks terrible, told to stop doing the things that keep them happy and healthy. In my experience, that rarely helps and often makes matters worse. Ankles are strong, adaptable and built to move, and most people recover far better than they've been led to expect — with the right plan and the right support.

## A different approach

Rather than guessing, I use objective strength and movement testing (VALD technology) to measure exactly what's going on — so your plan is built on real numbers, not assumptions. From there we work together through a clear, structured plan of care that fits around your life, so you understand what we're doing and why at every stage.

My aim is simple: to get you back to what you actually want to be doing, and to leave you stronger and more resilient than you were before the pain started.



*Keeping active in the Lakes*

# 7 Simple, Natural Ways to Ease Ankle Pain

These are the same principles I use every day with active people who want to get back to their sport — and stay there.

## 1 Keep it moving — gentle movement beats total rest

After an ankle injury it's tempting to rest it completely — but beyond the first day or two, too much rest leaves the joint stiff and the muscles around it weaker. Gentle, regular movement within comfortable limits keeps the ankle mobile, maintains strength and reminds your nervous system that moving is safe. You don't need to push into sharp pain, but getting the ankle gently moving early is one of the best things you can do.

## 2 Build strength and balance

An ankle that copes well with sport is strong, stable and well-balanced. Targeted strengthening of the calf and the muscles around the ankle — together with balance work — rebuilds the control you need to run, turn and land without giving way. This matters even more if you've sprained it before, as ankles that aren't fully rehabbed tend to keep going over. The key word is *progressive* — built up gradually, rather than a random handful pulled off the internet.

### 3 Get your sleep and recovery right

Recovery is where your body actually repairs and adapts, and poor sleep makes pain feel worse and lingers longer. Elevating the ankle and keeping it comfortable helps early swelling settle. It's also worth looking at how you build back your running or training, so you're loading the ankle sensibly rather than in big jumps. Good sleep and sensible recovery aren't luxuries when you're in pain — they're part of the treatment.

### 4 Manage your load — don't just avoid it

Ankle pain is sometimes a one-off rolled ankle — but just as often it builds from doing too much too soon, a sudden jump in running or training, or returning to sport before the ankle is properly ready. The answer isn't to stop, but to manage how much you're asking of the ankle and build it back up sensibly. Getting this balance right is often the difference between a niggle that settles and one that keeps coming back.

#### No single "magic" exercise

If someone promises one brace, taping trick or gadget that fixes ankle pain for good, be sceptical. Support can help in the short term, but lasting results come from putting the pieces together — movement, strength, balance, load and confidence — not from a magic bullet.

## 5 Understand your pain

Pain is real, but it isn't always a measure of damage. Ankles are strong and adaptable, and most sprains and niggles recover well with the right movement and strengthening. Understanding this takes the fear out of moving, and when the fear goes, recovery usually follows. A big part of my job is simply helping you make sense of what's going on — and making sure the ankle is fully rehabbed, not just pain-free.

## 6 Use heat, movement and hands-on for short-term relief

Heat or cold can ease symptoms and help a sore ankle settle, while gentle movement keeps it from stiffening up. Hands-on treatment and sports massage can bring welcome short-term relief and help you move more comfortably, so you can get on with the strength and balance work that actually does the job. Think of these as helpful support alongside the real work — not the whole answer on their own.

### 7

### Get a proper assessment rather than guessing

The single most useful step is finding out exactly what's driving your ankle pain, instead of guessing and hoping. Ankle pain has several possible sources — the ligaments, the tendons around it, the Achilles or the joint itself — and they don't all respond to the same thing. A thorough assessment, backed by objective strength and movement testing, shows what's actually going on so your plan targets the real problem — and confirms you're truly ready to return to sport.

Sports rehabilitation is an ideal first port of call for ankle pain: skilled at diagnosing it, treating it without pills or surgery, and getting you back to full function — not just out of pain, but back to doing what you love. It also means we can spot the rare occasions when ankle pain needs onward referral, and act quickly.

#### When to seek urgent medical help

Most ankle pain is not dangerous, but please seek prompt medical advice if any of the following apply: you couldn't put weight on it and take a few steps straight after the injury; there is bony tenderness, obvious deformity or severe swelling; the ankle is hot and swollen with a fever or feeling unwell; or the foot feels numb, cold or looks pale. These are uncommon, but they need checking promptly.

# What to Do Next

Ready to get to the bottom of your ankle pain — and back to what you love?

This guide gives you a strong start, but nothing beats a proper look at *your* ankle, *your* sport and *your* goals. That's exactly what a Free Discovery Session is for.

It's a relaxed, no-obligation chance to come in, tell me what's been going on, and find out whether AG Injury Rehabilitation is the right fit to help — before you commit to anything. You'll leave with a clearer idea of what's causing your pain and what can be done about it.

LIMITED AVAILABILITY EACH MONTH

## Book Your FREE Discovery Session

Because I work with each person one-to-one, I can only offer a small number of free discovery sessions each month — so book today to avoid missing yours.

**[ag.injuryrehabilitation@gmail.com](mailto:ag.injuryrehabilitation@gmail.com)**

or book online at [ag-injury-rehabilitation.co.uk](http://ag-injury-rehabilitation.co.uk)



**I'd love to help you get back to it. Get in touch today.**

# Health Advice Disclaimer

We make every effort to ensure the advice in this guide is accurate and helpful. However, the examples given are based on situations we commonly see in clinic and are not intended to represent every individual's circumstances.

Each person is different, and results can vary widely depending on background, medical history, how advice is applied, motivation and many other factors. This guide is intended as general information only and does not replace an individual, in-person assessment.

It isn't possible to give complete, tailored advice without a thorough assessment, and the guidance here should not be relied upon as a full or accurate account of your particular condition in the absence of one. If you are worried about your health, please consult a suitably qualified healthcare professional.

No guarantees of specific results are made or implied in this guide.

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