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ANKLE EXERCISES

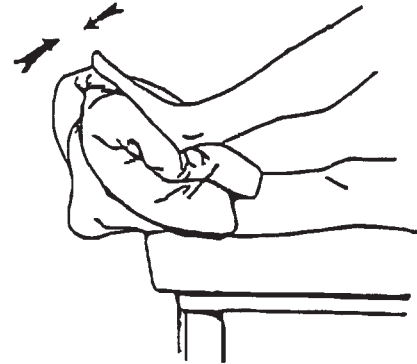
ANKLE / FOOT - 1 Isometric Plantar Flexion



With rolled pillow against wall, press foot into pillow.
Hold 5-8 seconds. Relax.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

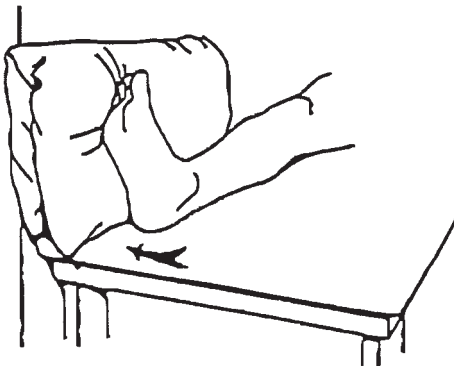
ANKLE / FOOT - 2 Isometric Dorsiflexion



With rolled pillow between feet, squeeze feet together.
Hold 5-8 seconds. Relax.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

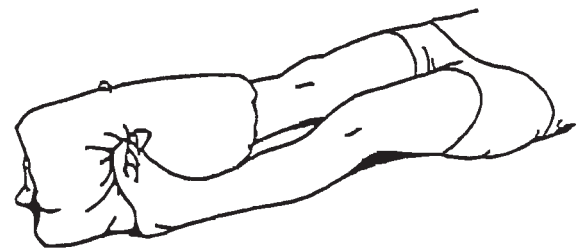
ANKLE / FOOT - 3 Isometric Eversion



With rolled pillow against wall, press outer border of foot
into pillow.
Hold 5-8 seconds. Relax.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

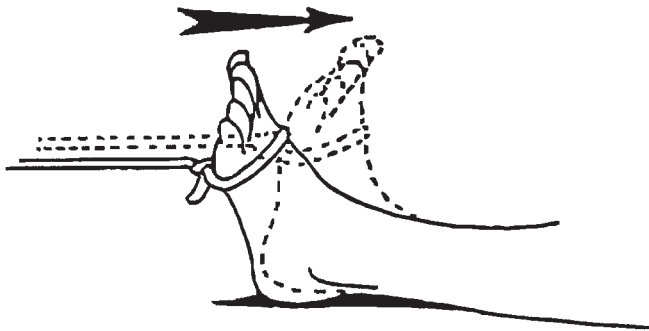
ANKLE / FOOT - 4 Isometric Inversion



With rolled pillow between feet, press inner borders of feet
into pillow.
Hold 5-8 seconds. Relax.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

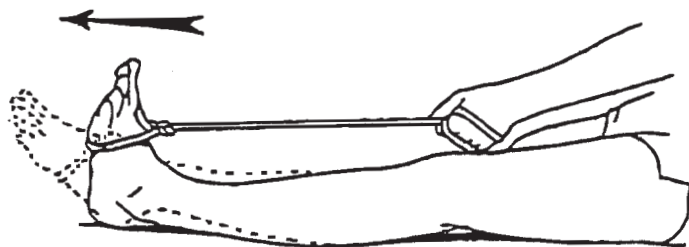
ANKLE / FOOT - 5 Resisted Dorsiflexion



With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

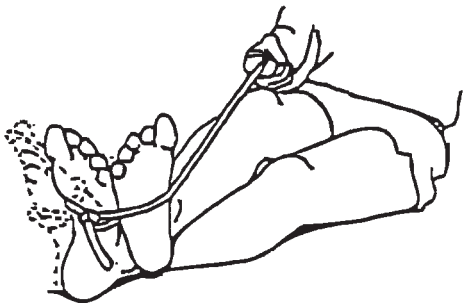
ANKLE / FOOT - 6 Resisted Plantar Flexion



With tubing around foot, press foot down.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

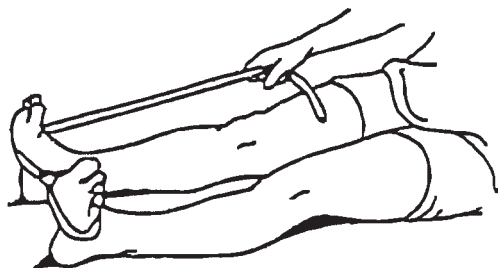
ANKLE / FOOT - 7 Resisted Inversion



Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward.

Repeat 10 times x 3-5 sets.
Do 10 sessions per day.

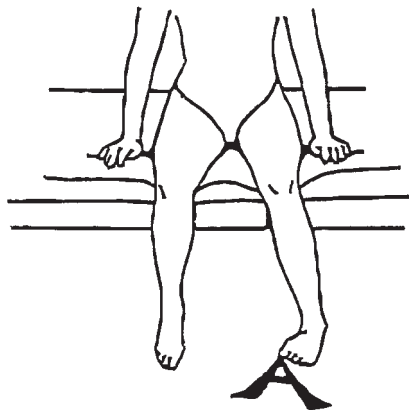
ANKLE / FOOT - 8 Resisted Eversion



With tubing anchored around uninvolved foot, slowly turn involved foot outward.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

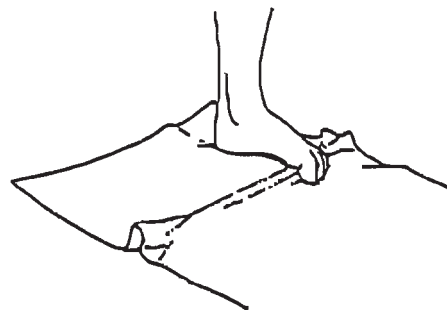
ANKLE / FOOT - 9 Ankle Alphabet



Using your ankle and foot only, trace the letters of the alphabet. Perform A to Z.

Repeat 1-3 times.
Do 1-3 sessions per day.

ANKLE / FOOT - 10 Single Leg Toe Curling



With foot resting on towel, slowly bunch towels up as you curl toes.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

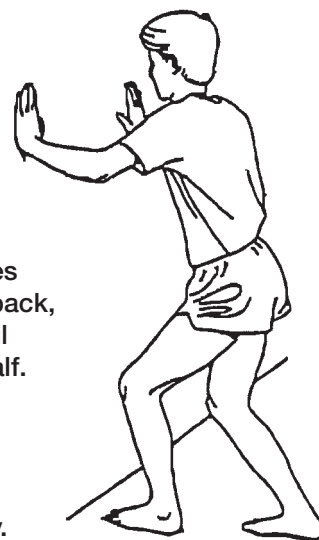
ANKLE / FOOT - 11 Double Leg Toe Curling



With both feet resting on towel, bunch towel up as you curl toes.

Repeat 10 times x 3-5 sets.
Do 10 sessions per day.

ANKLE / FOOT - 12 Soleus Stretch

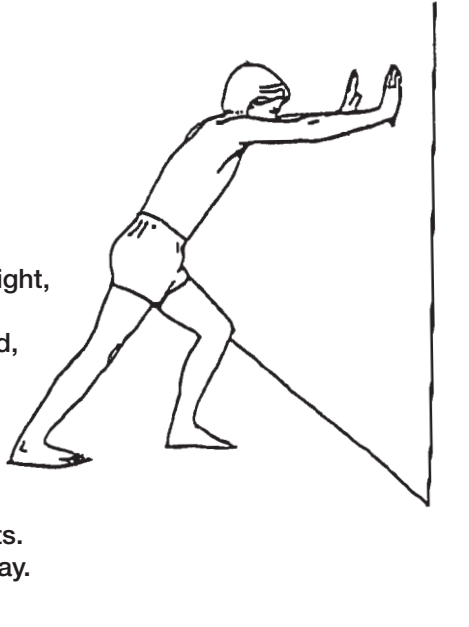


Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold 20-60 seconds.
Repeat 6 times x 3 sets.
Do 1-3 sessions per day.

ANKLE / FOOT - 13 Gastroc Stretch

Keeping back leg straight,
with heel on floor and
turned slightly outward,
lean into wall until a
stretch is felt in calf.



Hold 20-60 seconds.
Repeat 6 times x 3 sets.
Do 1-3 sessions per day.