

## ANKLE STRENGTHENING

Rehabilitation of your ankle(s) after an injury will focus on the achievement of the following goals:

1. Obtaining normal range of motion.
2. Obtaining normal strength.
3. Obtaining normal control/proprioception.

Because the degree of injury varies from individual to individual, more concentration may need to be placed in one of the above areas for your particular condition. We will consider your ankle(s) fully rehabilitated after you have reached the above goals and you are capable of functioning successfully without pain.

### Range-of-Motion Exercises

As your swelling subsides, use heat to loosen muscles and ice to reduce pain and swelling.

#### Active ankle motion:

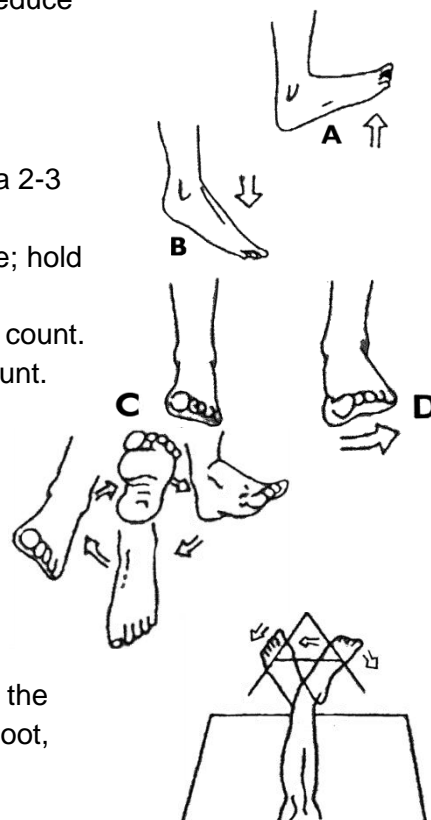
- A. Flexion:** Bring toes and foot up as far as possible; hold for a 2-3 sec. count.
- B. Extension:** Bring toes and foot downward as far as possible; hold for a 2-3 sec. count. Repeat A and B 10 times.
- C. Inversion:** Turn the soles of feet inward; hold for a 2-3 sec. count.
- D. Eversion:** Turn soles of feet outward; hold for a 2-3 sec. count.

#### Foot circles:

Move foot in a smooth circular motion, first clockwise then counterclockwise. Repeat each direction 8-10 times.

#### Alphabet:

Lie on your back with your knee extended and foot hanging free off the end of a ledge, print the entire alphabet (Capital Letters) with your foot, moving as far as possible into all directions. Repeat 8-10 times.



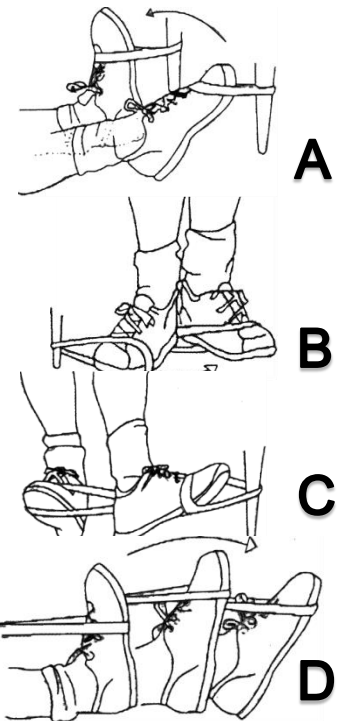
**PLEASE NOTE:** If symptoms persist, you should ask your provider for a referral to see a physical therapist.

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### Resistance Exercises

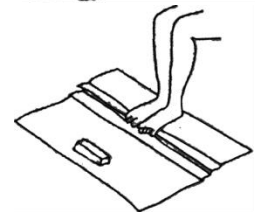
Sitting on the floor with the resistance band tied firmly around a stable object (couch, dresser leg, etc.):

- A. Place the resistance band around the top of your foot with it fairly tight. Pull foot upward as strongly as possible, resisting the pull from the band. Hold this position for a 10 sec. count, relax. Repeat 2-3 times.
- B. Place the resistance band around the bottom of your foot and hold onto the other ends of the band. Push down with your foot and hold for a 10 sec. count, relax. Repeat 2-3 times.
- C. Change sitting positions so that the resistance band now presses against the outside of your foot. Pull foot outward, hold for a 10 sec. count, relax. Repeat 2-3 times.
- D. Change sitting position so that the resistance band now presses against the inside of your foot. Pull foot inward, hold for a 10 sec. count, relax. Repeat 2-3 times.



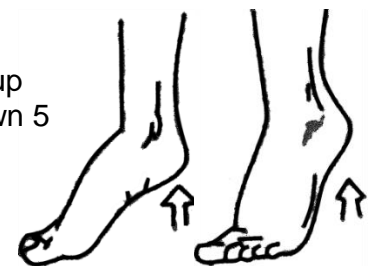
### Towel Exercise

Sitting in a chair with feet flat on the floor and towel placed under them, pull the towel towards you by curling up your toes and feet. Repeat 2-3 times. When this exercise can be repeated 2-3 times, progressively add weight to the end of the towel and repeat as above.



### Heel Raises

1. Stand with feet placed 10"-12" apart, toes facing inward. Rise up as far as possible on your toes, then down. Repeat up and down 5 times.
2. Point toes outward and repeat as above.
3. Single leg raises to be done as above (R)/(L).



### Control Exercises

Practice standing on only your injured foot without holding anything for support. Slowly lean forward and work on regaining your balance. Practice doing this same exercise with heel slightly off the ground.



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