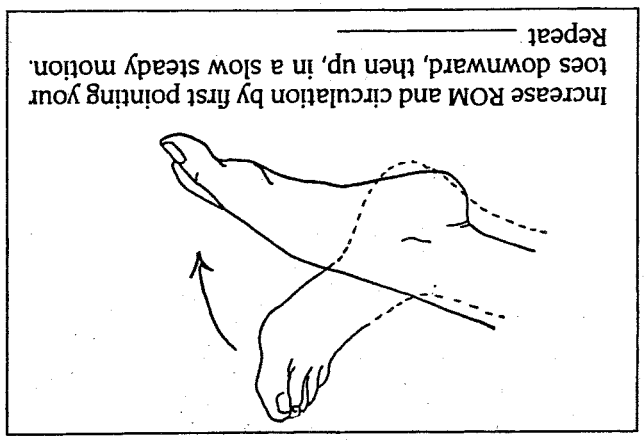


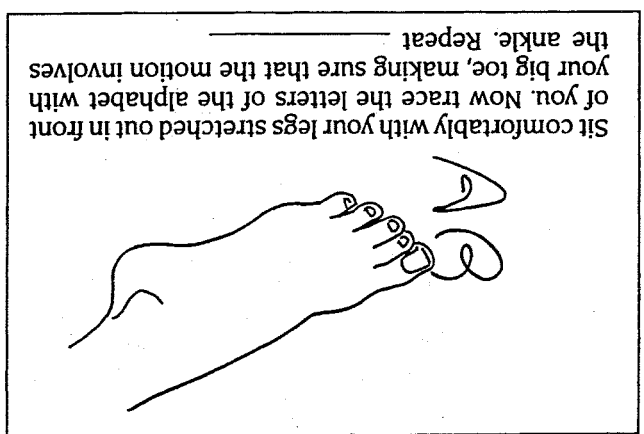
OrthoCarolina

ANKLE EXERCISES

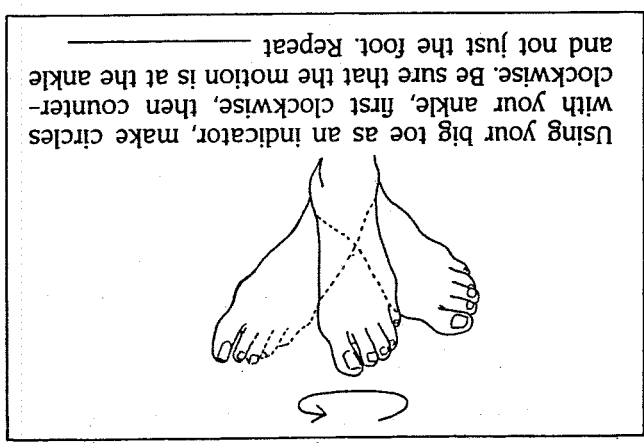
Perform each exercise ten times each, two to three times a day. Discontinue any exercise that causes pain or discomfort, or increases existing pain. All exercises should be done slowly for maximum benefit.



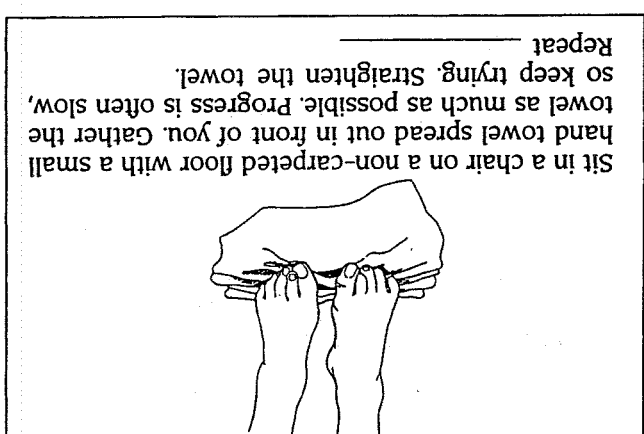
1. ANKLE PUMPING



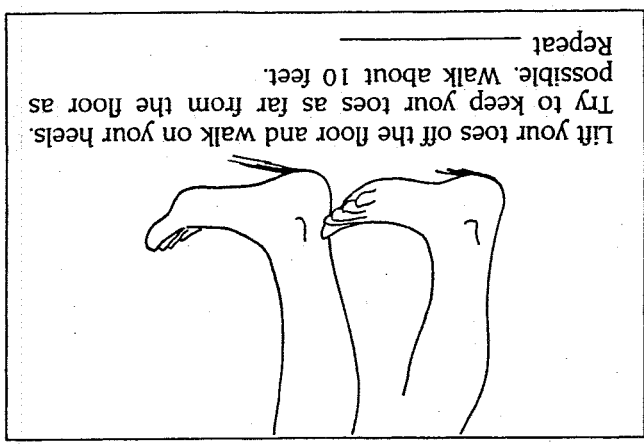
3. ANKLE ALPHABET



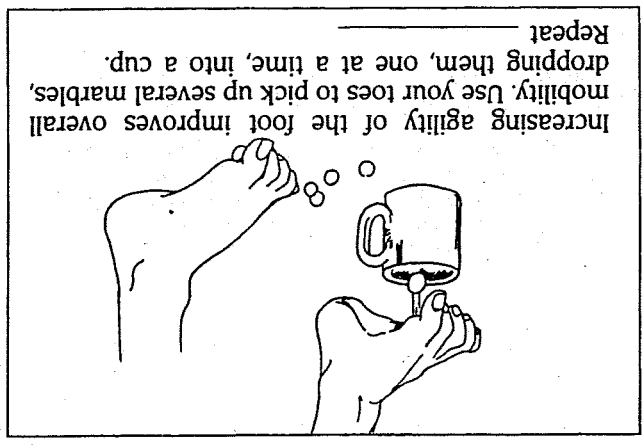
2. ANKLE CIRCLES



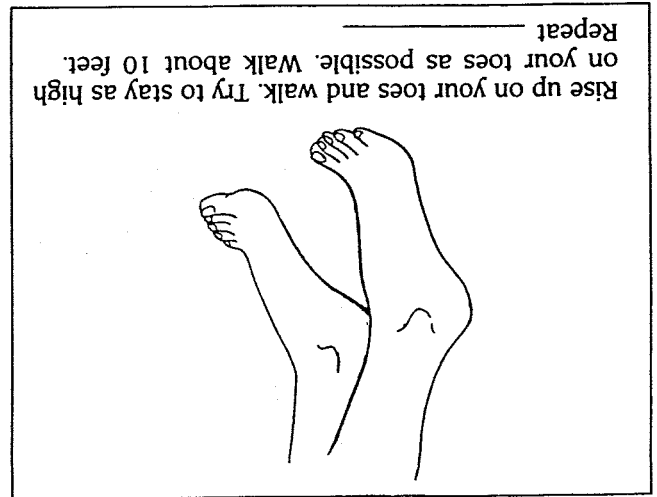
4. TOWEL GATHERING



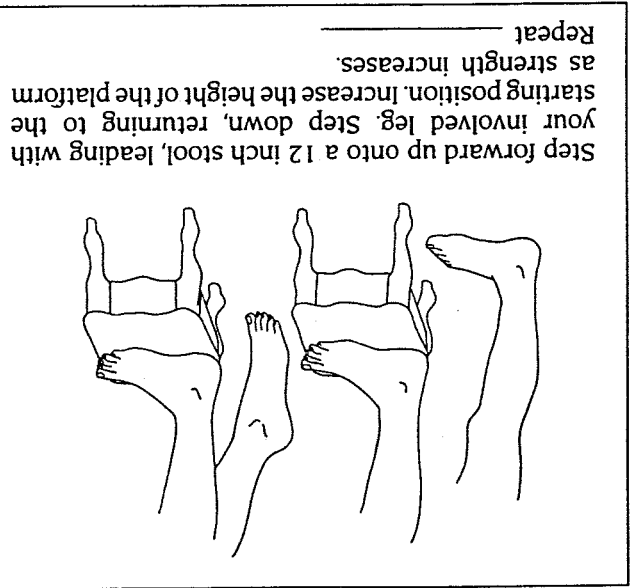
6. WALKING ON HEELS



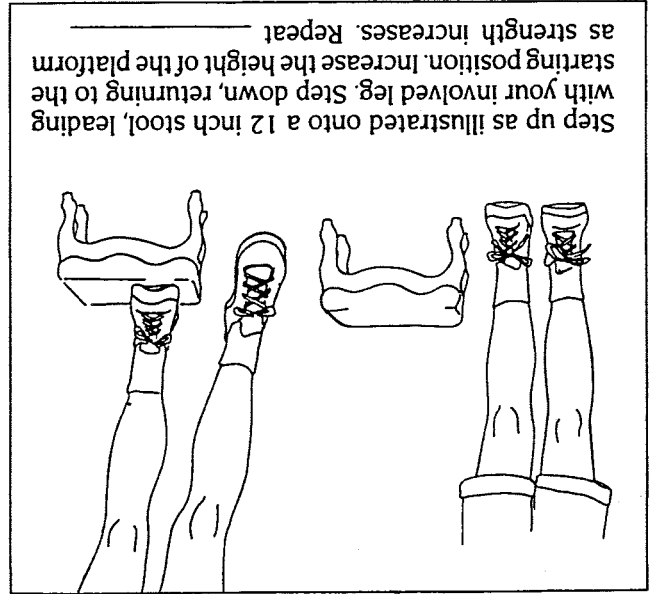
5. MARBLE PICK-UP



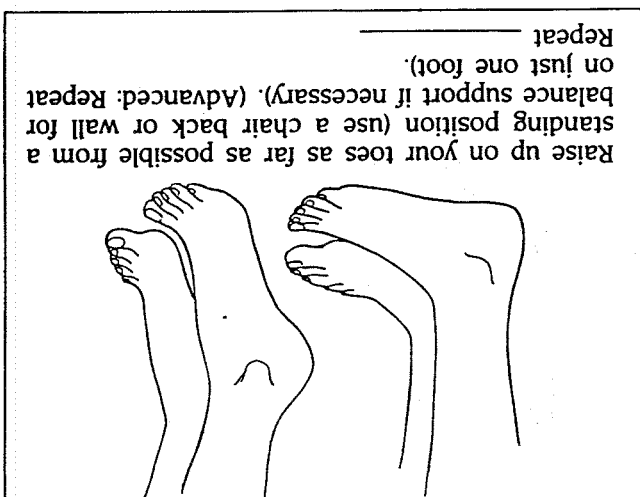
7. WALKING ON TOES



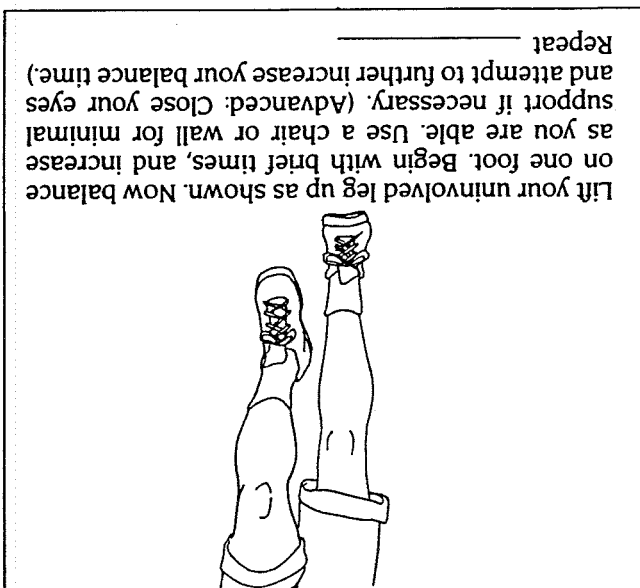
9. STEP-UPS, FORWARD



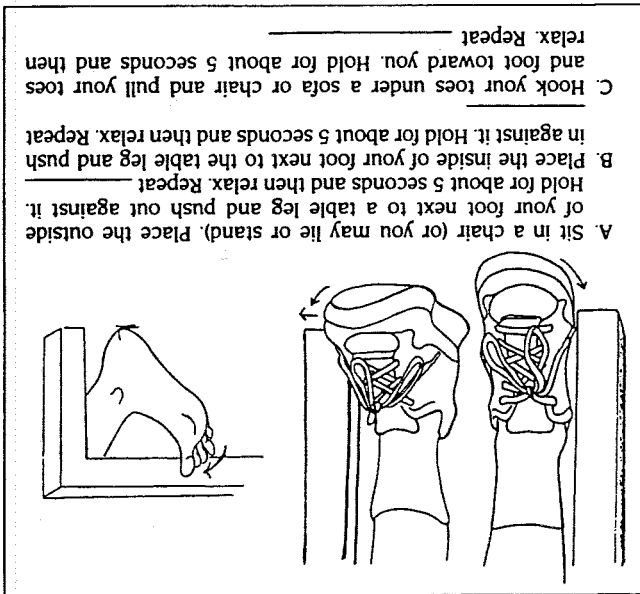
11. STEP-UPS, LATERAL



8. TOE RAISES, STANDING



10. BALANCING ON ONE LEG



12. ISOMETRICS

Step forward up onto a 12 inch stool, leading with your involved leg. Step down, returning to the starting position. Increase the height of the platform as strength increases. Repeat _____

Step up as illustrated onto a 12 inch stool, leading with your involved leg. Step down, returning to the starting position. Increase the height of the platform as strength increases. Repeat _____

Lift your uninvolved leg up as shown. Now balance on one foot. Begin with brief times, and increase as you are able. Use a chair or wall for minimal support if necessary. (Advanced: Close your eyes and attempt to further increase your balance time.) Repeat _____

A. Sit in a chair (or you may lie or stand). Place the outside of your foot next to a table leg and push out against it. Hold for about 5 seconds and then relax. Repeat _____
 B. Place the inside of your foot next to the table leg and push in against it. Hold for about 5 seconds and then relax. Repeat _____
 C. Hook your toes under a sofa or chair and pull your toes and foot toward you. Hold for about 5 seconds and then relax. Repeat _____

Raise up on your toes as far as possible from a standing position (use a chair back or wall for balance support if necessary). (Advanced: Repeat on just one foot.) Repeat _____

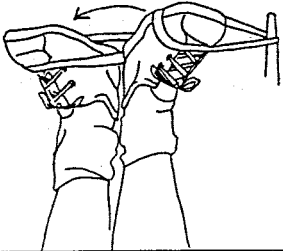
Rise up on your toes as possible. Walk about 10 feet. Repeat _____

ANKLE EXERCISES

(THERABAND:)

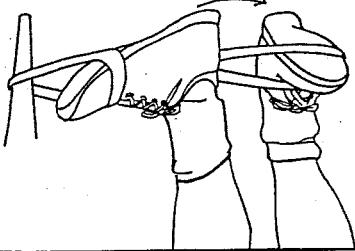
INVERSION

Sit in a chair with your feet flat on the floor. Place one end of the band around the inside ball of your foot. Place the other end of the other band around a stable object. Lift foot up and inward against the band. Pause, relax slowly.



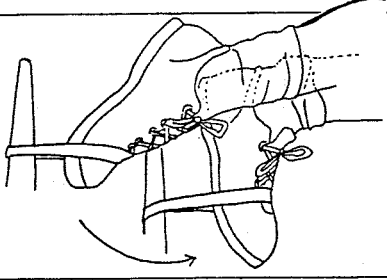
EVERSION

Sit in a chair with your feet flat on the floor. Place one end of the band around the outside of your foot. Place the other end of the band around a stable object. Lift foot up and outward against the band. Pause, relax slowly.



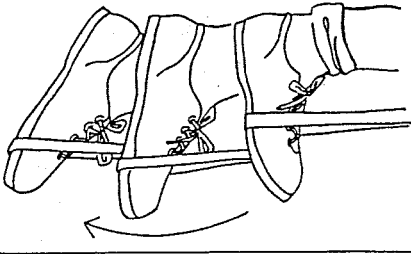
DORSIFLEXION

Sit on the floor, facing a stable object, with your legs straight in front of you. Place one end of the band around the top of your foot, the other end secured to the stable object. Pull your foot up towards you, keeping your heel on the floor. Pause, relax slowly.



PLANTARFLEXION

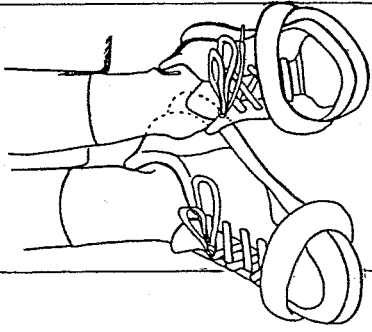
Sitting on the floor with legs straight in front of you, place the band around the ball of your foot. Hold the other end of the band in your hand. Point foot towards floor, pause, return slowly to neutral.



(WEIGHTS:)

INVERSION

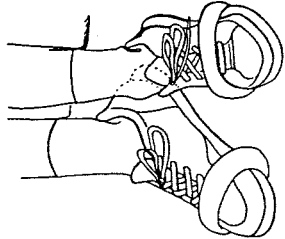
Lie on involved side with foot hanging off table. Place weight over foot. Lift weight by turning foot up towards ceiling. Do not move your leg, only your foot.



**ANKLE EXERCISES
(WEIGHTS CONTINUED:)**

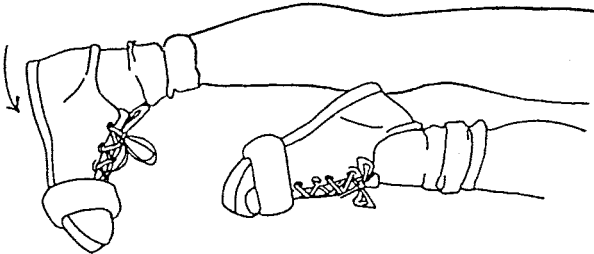
EVERSION

Lie on uninjured side with your foot hanging off table. Place weight over foot. Lift weight by turning foot up towards ceiling. Do not move your leg, only your foot.


 A line drawing showing a person lying on their left side. Their left foot is hanging off the edge of a table. A weight is placed on top of the foot. The foot is shown in a position where the sole is facing upwards, with a dashed line indicating the starting position.

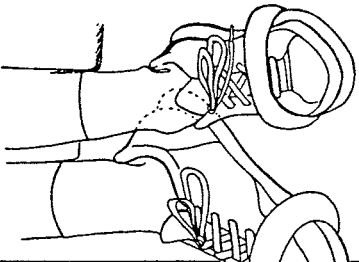
DORSIFLEXION

Sit on edge of table with your legs hanging off. Place weight over the top of your foot. Lift the weight by raising your forefoot up. Keep your heel down.


 A line drawing showing a person sitting on the edge of a table with their feet hanging off. A weight is placed on the top of the right foot. An arrow points upwards from the ball of the foot, indicating the direction of movement.

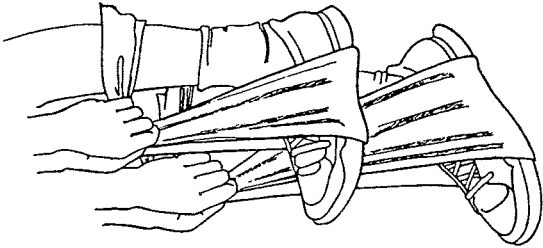
EVERSION CATCH

Lay on uninjured side with foot hanging off table. Place weight on foot. Pull foot toward ceiling. Lower foot quickly and catch weight on the way down. Hold 2 seconds. Relax.


 A line drawing showing a person lying on their left side with their left foot hanging off a table. A weight is on the foot. The foot is shown in a flexed position, with a dashed line indicating the starting position.

SITTING CALF STRETCH

Sit on floor with your legs straight in front of you. Place a towel around foot. Pull towel towards you until you feel a mild stretch in your calf. Hold _____ seconds.


 A line drawing showing a person sitting on the floor with their legs extended straight out. A towel is wrapped around the ball of the right foot. The person's hands are pulling the ends of the towel towards themselves.