

# Ankle Rehabilitation

## CALF TOWEL STRETCH



1. Sit on floor with towel or strap around \_\_\_\_\_ foot as shown.
2. Pull top of foot toward your body so that you feel a stretch.
3. Hold 15-20 seconds
4. Repeat multiple x daily

## PASSIVE PLANTAR FLEXION



1. Assume position as shown, pulling the \_\_\_\_\_ toes toward your body so that you feel a stretch
2. Hold 15-20 seconds
3. Repeat multiple x daily

## STANDING CALF STRETCH



1. Position your body against a wall as shown with \_\_\_ foot as shown.
2. Point toes directly toward wall and hold heel down.
3. Lean into wall as shown so that you feel a stretch.
4. Hold 15-20 seconds
5. Repeat multiple x daily

## ACHILLES STRETCH



1. Place the front of your foot on a book or block, leaving your heels off the ground.
2. The book/block should be \_\_\_ inches tall.
3. Hold onto a solid object standing upright as shown so that you feel a stretch.
4. Hold 15-20 seconds
5. Repeat multiple x daily

## PLANTAR FASCIA STRETCH



1. Sit in chair or on floor
2. Grasp big toe and pull toward body as shown
3. Hold 15-20 seconds
- 4.. Repeat multiple x daily

## ACTIVE RANGE OF MOTION



1. Move your ankle around slowly up/down, side to side, clock wise, counter- clockwise
2. Progress to tracing the letters of the alphabet.
3. Repeat multiple x daily

## PASSIVE INVERSION



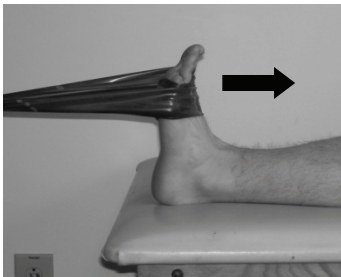
1. Sit with \_\_\_ leg crossed over and grasp \_\_\_ foot as shown.
2. Turn foot (forefoot and heel) upward so that you feel a stretch.
3. Hold 15-20 seconds
4. Repeat multiple x daily

## PASSIVE EVERSION



1. Sit with \_\_\_ leg crossed over and grasp \_\_\_ foot as shown.
2. Turn foot (forefoot and heel) downward so that you feel a stretch.
3. Hold 15-20 seconds
4. Repeat multiple x daily

## RESISTED DORSIFLEXION



1. Tie one end of elastic tubing to a solid object and the other end to your foot as shown.
2. Pull foot up toward yourself slowly.
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1X day

## RESISTED INVERSION



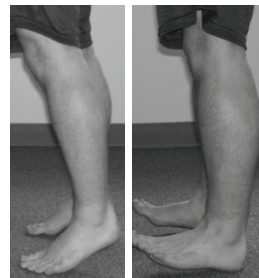
1. Sitting in a chair, assemble elastic tubing to your foot as shown.
2. Without moving your hip or knee, turn the bottom of your foot upward toward your body.
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1X day

## RESISTED EVERSION



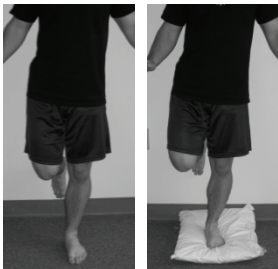
1. Sitting in a chair, assemble elastic tubing to your foot as shown
2. Without moving your hip or knee, tip the bottom of your foot downward toward the ground
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1X day

## HEEL/TOE RAISES



1. Stand with feet 12 inches apart
2. Raise up slowly onto your toes as high as you can
3. Now rock onto heels lifting toes off ground
4. Hold each position 2-3 seconds
5. Progress to single leg
6. 10 repetitions, up to 3 sets, 1X day

## BALANCING



1. Stand on one foot without holding onto the wall as shown for 30 seconds.
2. Progress to 1 minute
3. Progress to 1 minute with eyes closed
4. Progress to uneven surface
5. Progress to ball toss against wall
6. 5 repetitions, 1-2X day

\_\_\_ MINS \_\_\_ X per day

Ice Cup    Ice Pack    Contrast Bath \_\_\_\_\_

Staff \_\_\_\_\_

Phone \_\_\_\_\_