
Ankle Rehabilitation Program

Ankle stretches:

Ankle Plantarflexion:

With your foot relaxed, use your hands to gently move your ankle into a position where your toes are pointed down. Continuing moving the ankle until you feel a stretch.

Hold this stretch for 30 seconds.



Ankle Dorsiflexion:

With your foot relaxed, use your hands to gently move your ankle into a position where your toes are pointed up. Continuing moving the ankle until you feel a stretch. Hold

this stretch for 30 seconds.



Ankle Eversion:

With your foot relaxed, use your hands to gently move your ankle into a position where your ankle is rolled in and the bottom of your foot is facing out to the side. Continuing moving the ankle until you feel a stretch.

Hold this stretch for 30 seconds.

**Ankle Inversion:**

With your foot relaxed, use your hands to gently move your ankle into a position where your ankle is rolled out and the bottom of your foot is facing in towards your other foot. Continuing moving the ankle until you feel a stretch. Hold this stretch for 30 seconds.

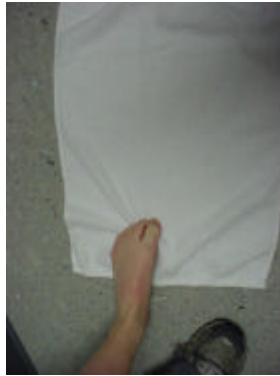


Ankle Strengthening:

Towel Scrunches:

Begin with a towel flat on the floor, and take your sock and shoe off. Start at the end closest to you and scrunch the towel with your toes, continue grabbing the towel with your toes and scrunching it until you reach the end of the towel. Once you reach the end of the towel, begin doing the same thing in the opposite direction, so that you are pushing the towel with your toes. Once you reach the end of the towel, lay the towel flat again and this time start at the left side of the towel. This time you grab the towel with your toes and pull it to the left. Once you reach the end of the towel do the same thing in the opposite direction, this time pulling the towel to the right side.

Pulling towards you



Pushing away from you

Starting Position



Ending Position



Starting Position



Ending Position



Theraband exercises:

Ankle Plantarflexion:

Start by tying the theraband around a table leg. While seated on the floor wrap the other end of the theraband around your foot. Position your body so that your leg is straight in front of you and the table leg where the theraband is tied is behind your ankle (you are sitting next to the table leg). Make sure that the theraband is over the ball of your foot and push forward (i.e. pushing down on the gas). Do 3 sets of 10 repetitions several times per day.



Ankle Dorsiflexion:

With the theraband still in place, position your body so that your leg is straight in front of you and the table leg where the theraband is tied is in front of your ankle (you are sitting facing the table leg). Make sure that the theraband is over the top of your foot and pull backward. Do 3 sets of 10 repetitions several times per day.

Starting Position



Ending Position



Ankle Plantarflexion:

Start by tying the theraband around a table leg. While seated on the floor wrap the other end of the theraband around your foot. Position your body so that your leg is straight in front of you and the table leg where the theraband is tied is behind your ankle (you are sitting next to the table leg). Make sure that the theraband is over the ball of your foot and push forward (i.e. pushing down on the gas). Do 3 sets of 10 repetitions several times per day.



Ankle Dorsiflexion:

With the theraband still in place, position your body so that your leg is straight in front of you and the table leg where the theraband is tied is in front of your ankle (you are sitting facing the table leg). Make sure that the theraband is over the top of your foot and pull backward. Do 3 sets of 10 repetitions several times per day.



Starting Position

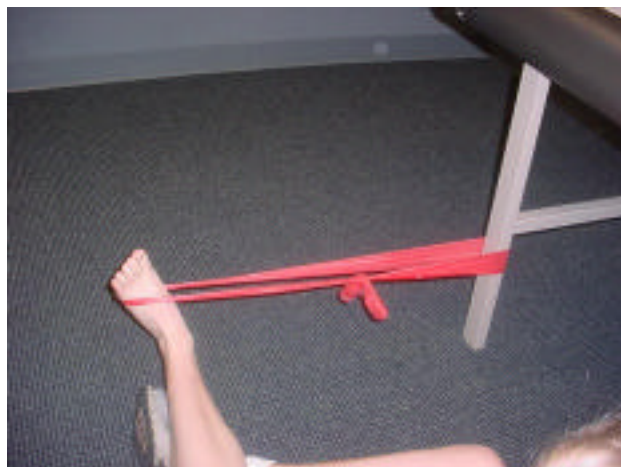
Ending Position



Ankle Eversion:

With the theraband still in place, position your body so that your affected leg is straight in front of you and furthest from the table leg where the theraband is tied. Make sure that the theraband is wrapped around the top of your foot (close to your toes) and pull out away from your body. Do 3 sets of 10 repetitions several times per day.

Start position



End position

Ankle Inversion:

With the theraband still in place, position your body so that your affected leg is straight in front of you and closest to the table leg where the theraband is tied. Make sure that the theraband is wrapped around the top of your foot (close to your toes) and pull in towards your other foot. Do 3 sets of 10 repetitions several times per day.

Start position



End position



Alphabet exercise:

With your sock and shoe off, hang your foot over the edge of a table and write the alphabet with your big toe. You can first write the alphabet in all capital letters, then repeat with lower case letters. Repeat several times.



Balancing exercises:

While standing on your affected leg, lift your unaffected foot to knee level. You can extend your arms out to the side to help you balance. You should balance on the affected leg for one minute. If this is too easy, you may do the same thing with your eyes closed. Once that gets too easy, you may progress to balancing and leaning (i.e. trying to throw yourself off balance and then steadying yourself). Repeat this exercise several times per day.



Heel Cord stretching:

While standing, place your hands against a wall and place your unaffected foot in front (closer to the wall) of your affected foot. Keep your affected leg straight and lean towards the wall making sure to keep your heel on the floor and your toes slightly pointed in. To enhance this stretch, move your affected foot further from the wall and perform the same stretch. Repeat this stretch with your knee bent. Hold these stretches for 30 seconds and repeat 1-2 times per day.



Knee straight

Knee bent

