

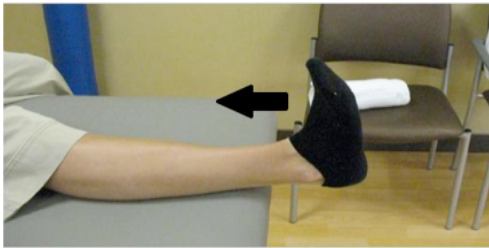


Ankle Home Exercise Program
Sports Medicine

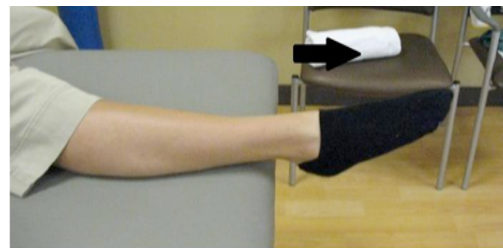
Range of Motion

While lying flat on the table with knee straight, slowly bend and straighten the ankle. Then slowly bend the ankle from side to side, not allowing the knee or hip to move. Perform 25 repetitions 3 times a day.

Dorsiflexion



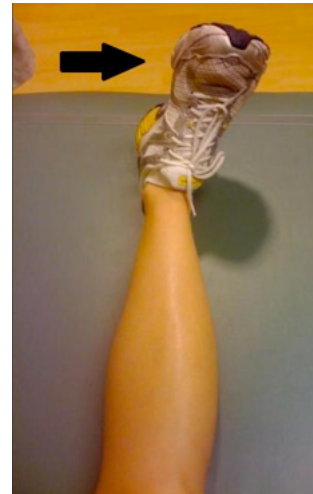
Plantarflexion



Inversion



Eversion





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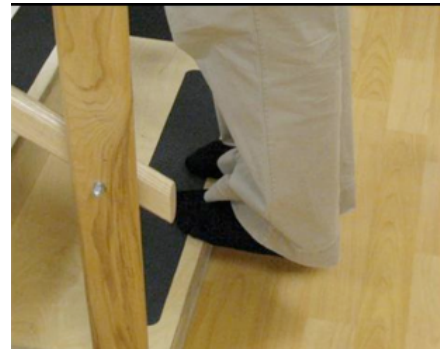
Wall Stretch

While facing the wall, place the injured ankle back with the knee straight. Lean into the wall while keeping your heel flat on the floor. Lean until you feel a gentle stretch. Hold for 10 seconds. Repeat 5 times.



Stair Stretch

Place the ball of the injured foot on the edge of the step as shown. While keeping the knee straight, allow the heel to drop straight down until you feel a gentle stretch. Hold for 10 seconds. Repeat 5 times. May do both ankles at the same time if desired.



Calf Raises

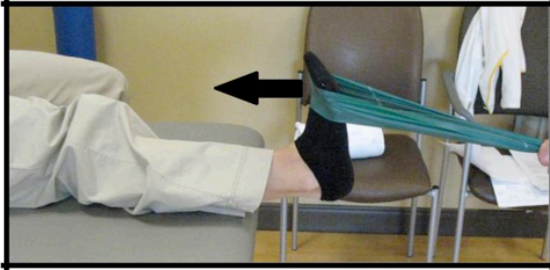
Begin with your heels down, feet and toes pointing forward. While keeping the knees straight, but not locked, raise up onto the ball of your feet. Squeeze the calf muscles. Hold for 3 to 5 seconds and gently return to the original position. This can be performed as a single leg calf raise as well.





ANKLE STRENGTHENING

Dorsiflexion



While lying flat on the table with knee straight, slowly bend the ankle towards your nose. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position. Perform 10 repetitions 3 times a day.

Plantarflexion



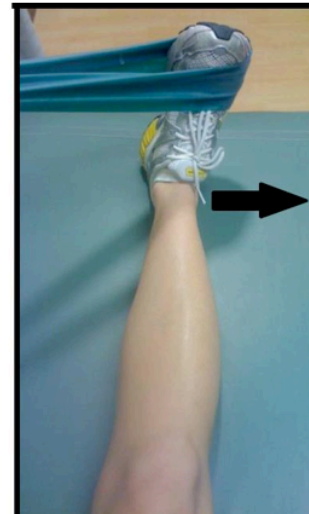
While lying flat on the table with knee straight, slowly straighten ankle towards your nose. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position. Perform 10 repetitions 3 times a day.

Inversion



While lying flat on the table with knee straight, slowly bend the ankle inward towards your opposite ankle. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position. Perform 10 repetitions 3 times a day.

Eversion



While lying flat on the table with knee straight, slowly bend the ankle outward away from your opposite ankle. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position. Perform 10 repetitions 3 times a day.