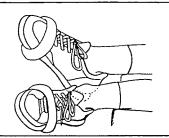
ANKLE EXERCISES (WEIGHTS CONTINUED:)

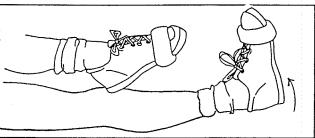
EVERSION

Lie on uninvolved 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.



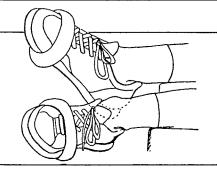
DORSIFLEXION

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.



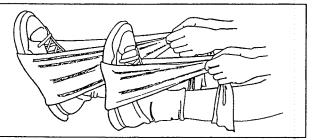
EVERSION CATCH

Lay on uninvolved 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.



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.

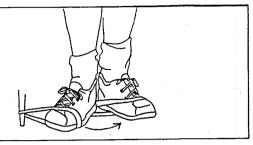


ANKLE EXERCISES

(THERABAND:)

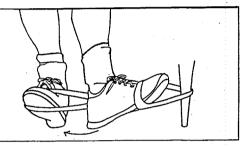
INVERSION

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.



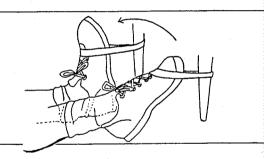
EVERSION

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.



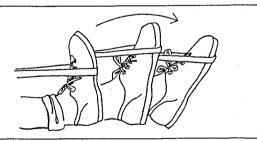
DORSIFLEXION

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

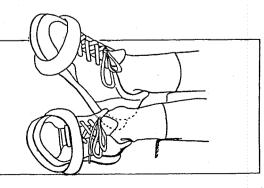
Sitting on the floor with legs straight in front of you, place the band around the ball of your foot. Hold the other end of the band in your hand. Point foot towards floor, pause, return slowly to neutral.



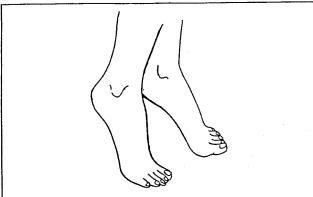
(WEIGHTS:)

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.

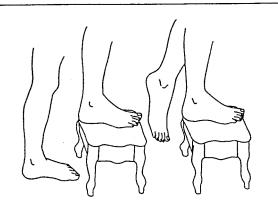


7. WALKING ON TOES



Rise up on your toes and walk. Try to stay as high on your toes as possible. Walk about 10 feet. Repeat _____

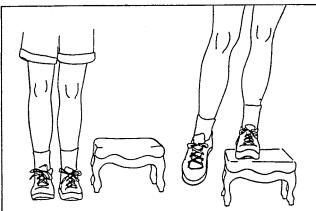
9. STEP-UPS, FORWARD



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.

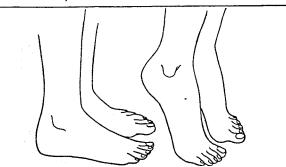
Repeat _____

11. STEP-UPS, LATERAL



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

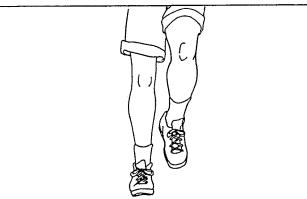
8. TOE RAISES, STANDING



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 _____

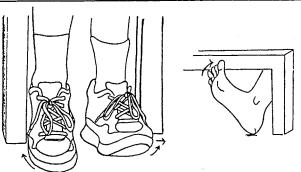
10. BALANCING ON ONE LEG



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 _____

12. ISOMETRICS



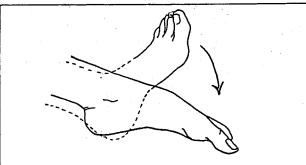
- A. Sit in a chair (or you may lie or stand). Place the outside of your foot next to a table leg and push out against it. Hold for about 5 seconds and then relax. Repeat
- B. Place the inside of your foot next to the table leg and push in against it. Hold for about 5 seconds and then relax. Repeat
- 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 ______

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



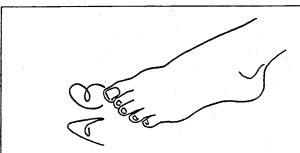
Increase ROM and circulation by first pointing your toes downward, then up, in a slow steady motion. Repeat ______

2. ANKLE CIRCLES



Using your big toe as an indicator, make circles with your ankle, first clockwise, then counter-clockwise. Be sure that the motion is at the ankle and not just the foot. Repeat ______

3. ANKLE ALPHABET



Sit comfortably with your legs stretched out in front of you. Now trace the letters of the alphabet with your big toe, making sure that the motion involves the ankle. Repeat _____

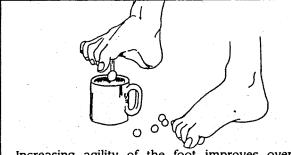
4. TOWEL GATHERING



Sit in a chair on a non-carpeted floor with a small hand towel spread out in front of you. Gather the towel as much as possible. Progress is often slow, so keep trying. Straighten the towel.

Repeat _____

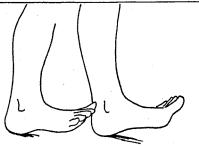
5. MARBLE PICK-UP



Increasing agility of the foot improves overall mobility. Use your toes to pick up several marbles, dropping them, one at a time, into a cup.

Repeat _____

6. WALKING ON HEELS



Lift your toes off the floor and walk on your heels. Try to keep your toes as far from the floor as possible. Walk about 10 feet.

Repeat ____