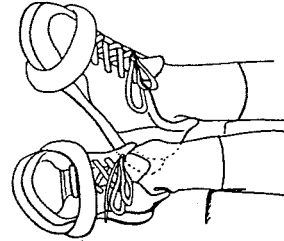


ANKLE EXERCISES (WEIGHTS CONTINUED:)

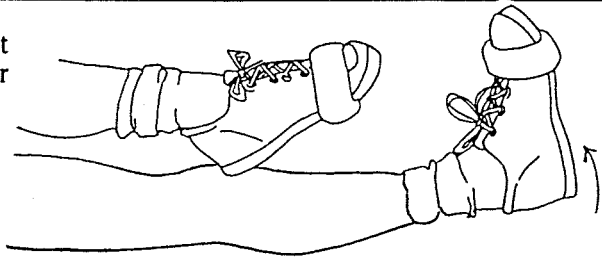
EVERSION

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.



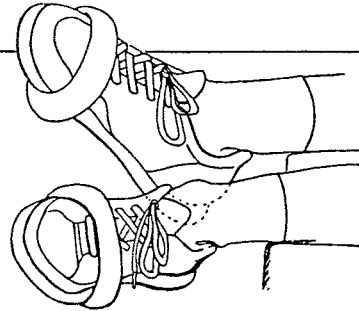
DORSIFLEXION

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.



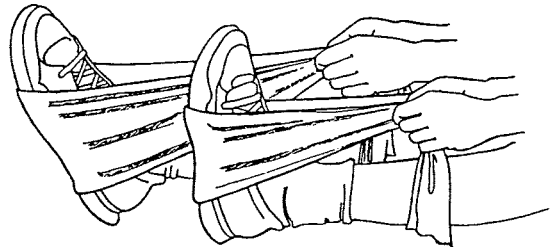
EVERSION CATCH

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.

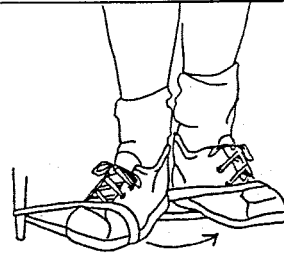


ANKLE EXERCISES

(THERABAND:)

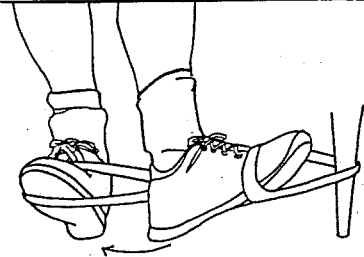
INVERSION

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.



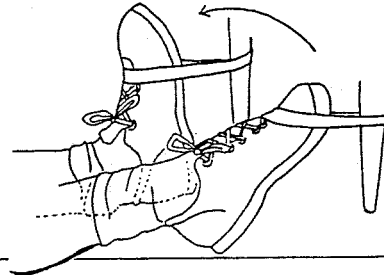
EVERSION

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.



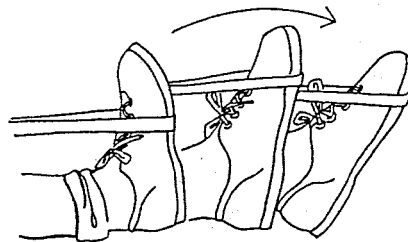
DORSIFLEXION

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

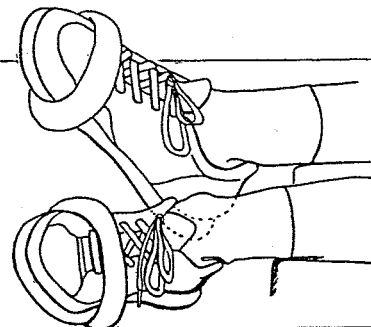
Sitting on the floor with legs straight in front of you, place the band around the ball of your foot. Hold the other end of the band in your hand. Point foot towards floor, pause, return slowly to neutral.



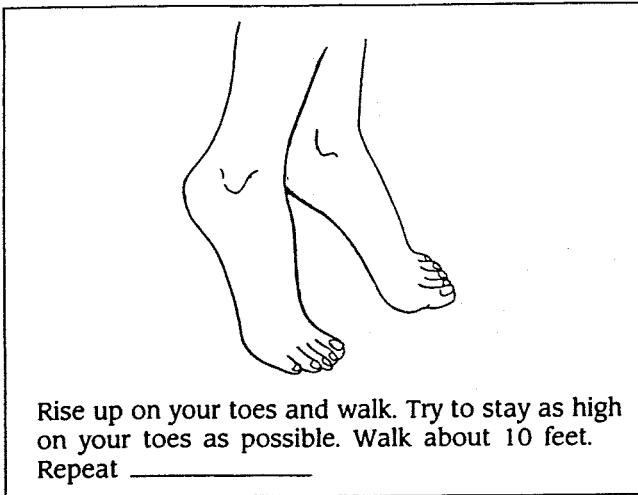
(WEIGHTS:)

INVERSION

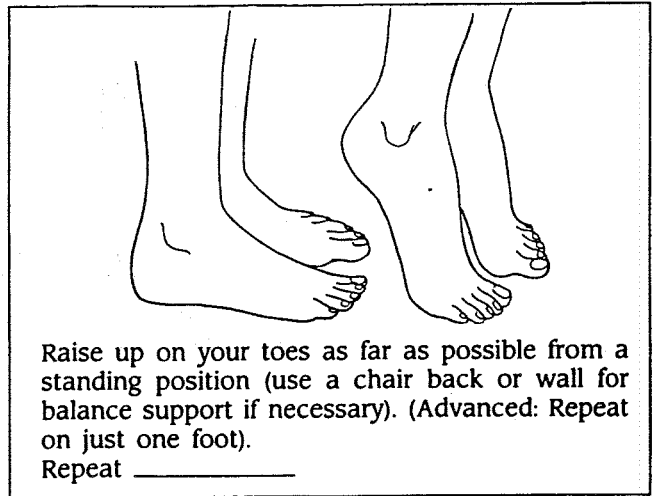
Lie on involved side with foot hanging off table. Place weight over foot. Lift weight by turning foot up towards ceiling. Do not move your leg, only your foot.



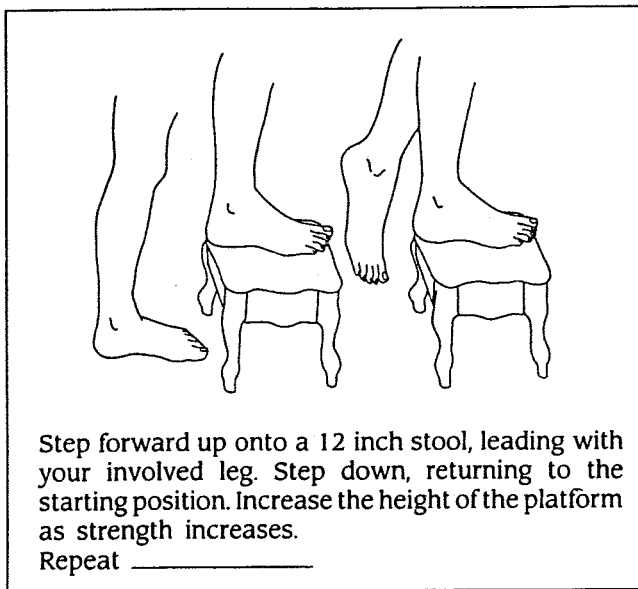
7. WALKING ON TOES



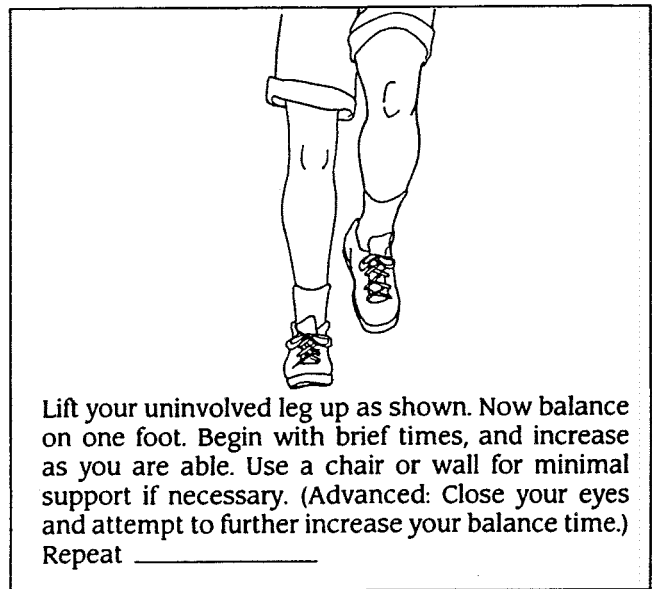
8. TOE RAISES, STANDING



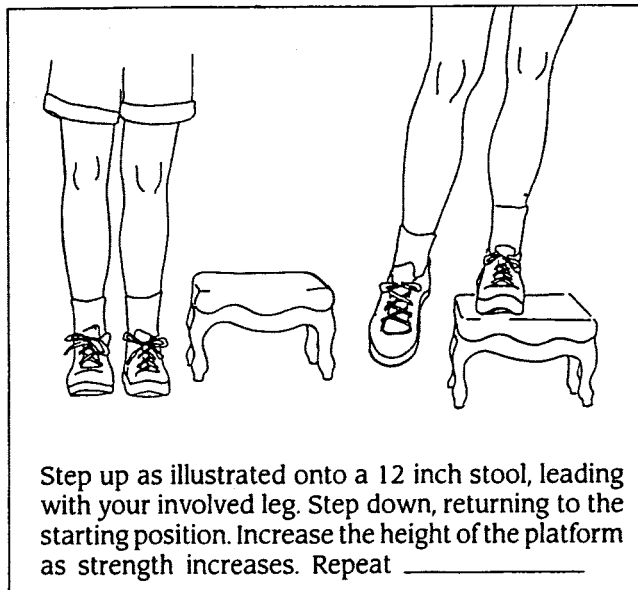
9. STEP-UPS, FORWARD



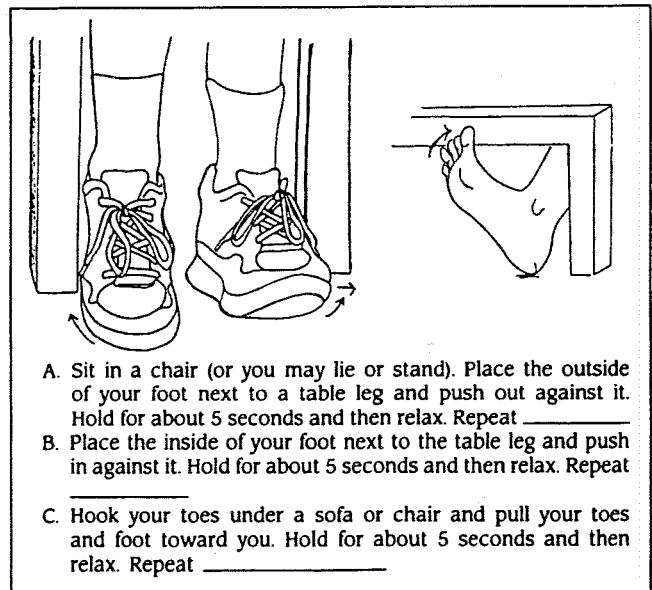
10. BALANCING ON ONE LEG



11. STEP-UPS, LATERAL



12. ISOMETRICS

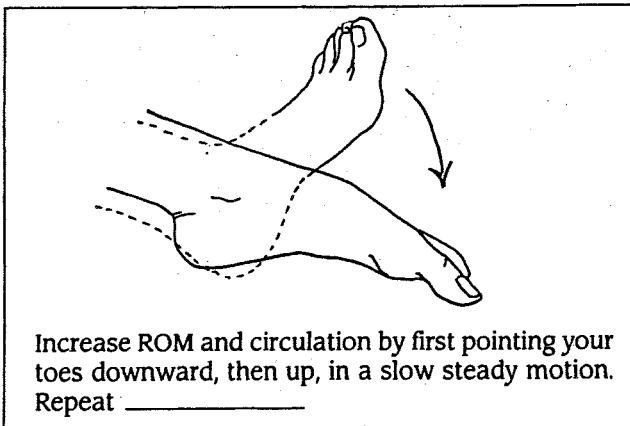


Ortho Carolina

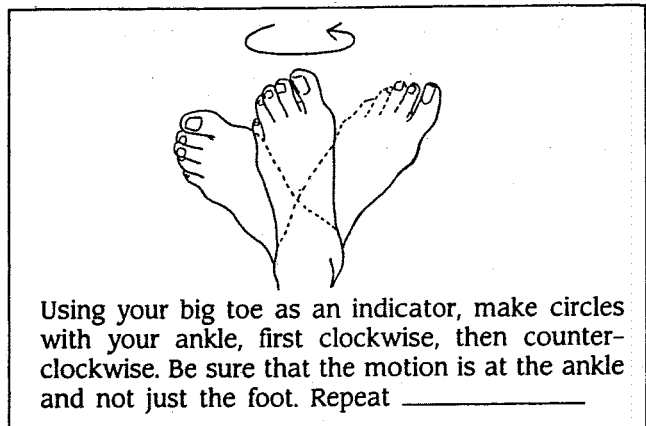
ANKLE EXERCISES

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.

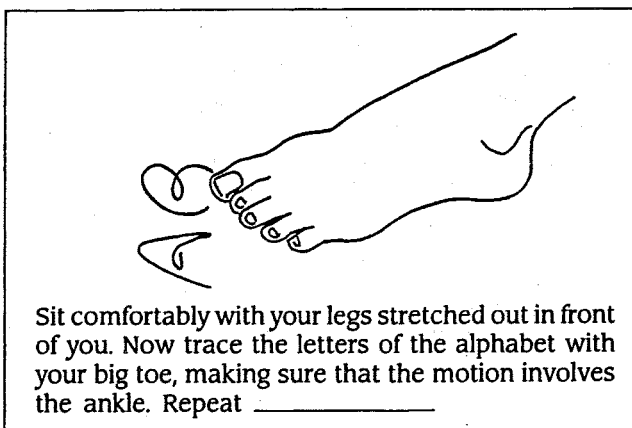
1. ANKLE PUMPING



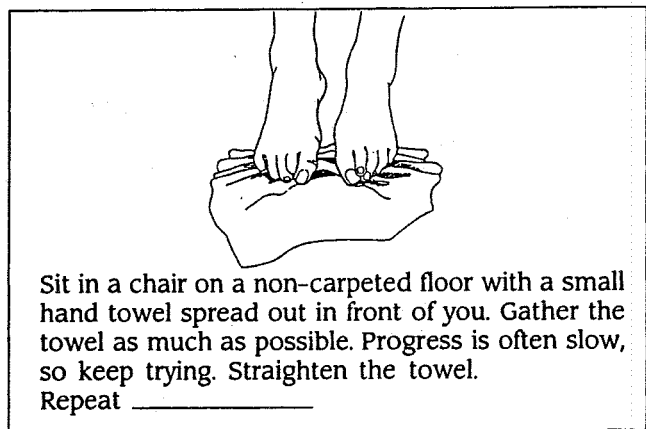
2. ANKLE CIRCLES



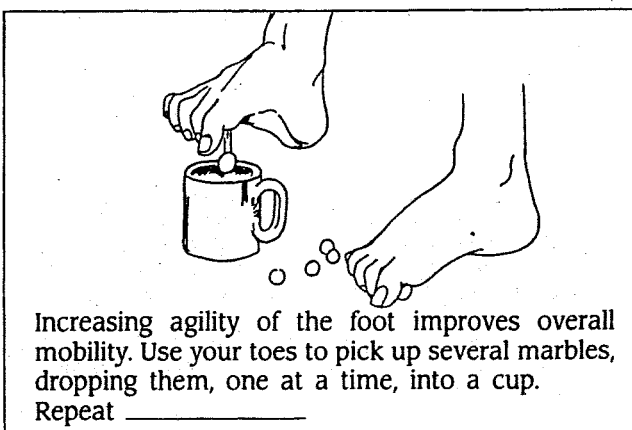
3. ANKLE ALPHABET



4. TOWEL GATHERING



5. MARBLE PICK-UP



6. WALKING ON HEELS

