

Ankle Rehabilitation Exercises

1. Alphabet Range of Motion Exercise (ABCs)

Draw each letter of the alphabet in the air using your big toe as the “pencil”. First set capital letters, second set lower case letters.

Perform 2 sets, 2 times daily.



2. Ankle Pumps

Point foot down and then up slowly.

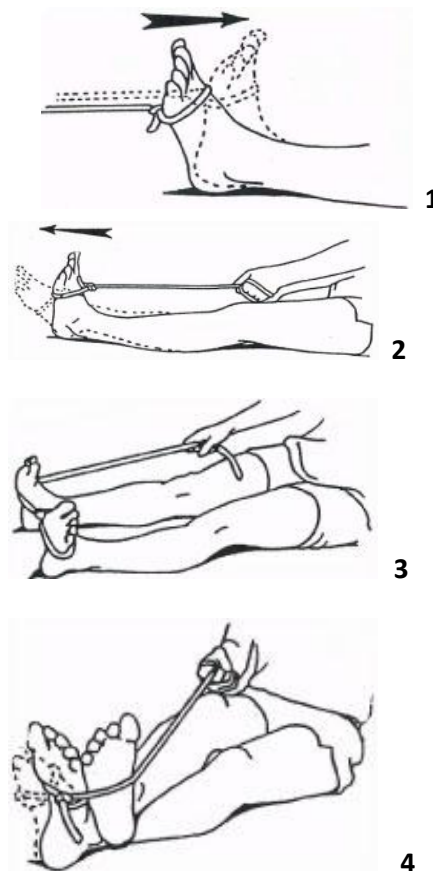
Perform 3 sets of 15 repetitions.



3. 4-Way Ankle

1. *Dorsiflexion*: With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position.
2. *Plantarflexion*: With tubing around foot, press foot down.
3. *Eversion*: With tubing anchored around uninvolved foot, slowly turn involved foot outward.
4. *Inversion*: Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward.

Perform 2 sets of 15 repetitions for each exercise.



4. Heel Raises

Raise your heels up slowly by going into a tip toe, and then slowly drop the heels back down.

Perform 2 sets of 20 repetitions.



5. Single Leg Balance

Stand without any support, and attempt to balance on your injured leg. To increase difficulty, try to perform the exercise with your eyes closed, or stand on an unstable surface, such as a pillow.

Perform 4 sets of 30 seconds.



6. Anteaters

Balance on injured foot, reaching high with opposite arm. Bend forward and reach with arm to back of heel. Return to upright.

Perform 3 sets of 15 repetitions.



7. Lateral Hops

Stand on one foot on the side of a straight line. Hop side to side over the line, trying to jump and land on the ball of the foot.



8. Calf and Achilles Stretches

1. *Calf Stretch*: Stand with your hands against a wall and your injured leg behind your other leg. With your injured leg straight, your heel flat on the floor and your foot pointed straight ahead, lean slowly forward, bending the other leg.

2. *Achilles Stretch*: This time, bend your injured leg slightly.

2 Sets of 30 seconds for each stretch.

