



Ankle ROM: Circles

While sitting perform a circular motion with your ankle in a clockwise direction, then go counter clockwise. Repeat on other foot.

Repeat 10 Times

Complete 2 Sets

Perform 3 Times a Day



ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this. Video # VVWT9C6SV

Repeat 1 Time

Complete 2 Sets

Perform 3 Times a Day



DORSIFLEXION - SUPINE

While lying down on your back, bend your ankle to move your foot upwards or towards the direction of your knee as shown. Relax and repeat. Video # VV332LXL9

Repeat 10 Times

Complete 2 Sets

Perform 3 Times a Day



PLANTARFLEXION - SUPINE

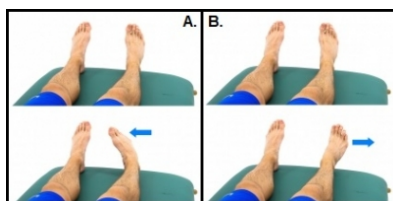
While lying down on your back, bend your ankle to point your foot forward as shown. Relax and repeat. Video # VVBT94QBW



Repeat 10 Times

Complete 2 Sets

Perform 3 Times a Day



Ankle AROM - Inversion & Eversion

A. AROM Inversion

Lay on your back with your legs elevated. Slowly move your left ankle so that your foot moves towards your body. Stay within a pain-free range. This movement's similar to the side to side motion of windshield wipers on a car.

Return to starting position and repeat.

B. AROM EVERSION

Lay on your back with your feet elevated. Slowly move your left ankle so that your foot moves away from your body. Stay within a pain-free range. This movement's similar to the side to side motion of windshield wipers on a car.

Return to starting position and repeat.

Repeat 10 Times

Complete 2 Sets

Perform 3 Times a Day

SEATED CALF STRETCH - GASTROCNEMIUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg. Maintain your target knee straight the entire time. Video # VVURW8HK8



Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



SEATED CALF STRETCH - SOLEUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Your knee should be slightly bent the entire time. Video # VVK4R6BJT

Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



INVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and pull upwards until a stretch is felt along the side of your ankle. Video # VVVG3MKXU

Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



EVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and push downward until a stretch is felt along the inner side of your ankle. Video # VV3ZD6RRT

Complete 2 Sets

Hold 30 Seconds

Perform 2 Times a Day



ELASTIC BAND EVERSION 2 - SEATED

While seated, use an elastic band attached to your foot and draw your foot outward to the side.

Be sure to keep your heel in contact with the floor the entire time.
Video # VVVVAL3PE

Repeat 10 Times

Hold 2 Seconds

Complete 2 Sets

Perform 3 Times a Day



ELASTIC BAND INVERSION - SEATED

While seated, use an elastic band attached to your foot and draw your foot inward.

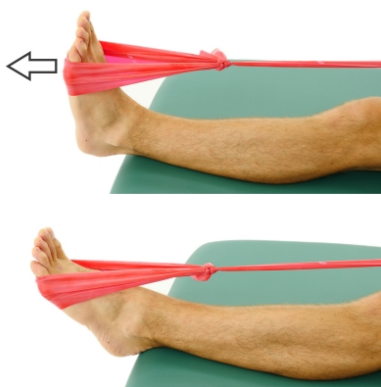
Be sure to keep your heel in contact with the floor the entire time.
Video # VV98P2UCL

Repeat 10 Times

Hold 2 Seconds

Complete 2 Sets

Perform 3 Times a Day



ELASTIC BAND PLANTARFLEXION - SUPINE

You can perform this lying on the floor face-up. Anchor one end of the elastic band in your hand and place a looped end around your target foot.

Next, hold the band and pull it to provide some tension in the band. Then move your target ankle/foot forward, or plantarflex your ankle. This is the same motion as when pressing down on a gas pedal of a car.

Return to starting position and repeat. Video # VVUDT95CF

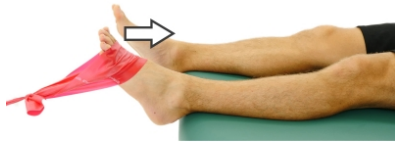
Repeat 10 Times

Hold 2 Seconds

Complete 2 Sets

Perform 3 Times a Day

ELASTIC BAND DORSIFLEXION - SUPINE



You can perform this lying on the floor face-up. Anchor one end of the elastic band in a door (tie a knot in the band and close a door on the band so that the knot is on the other side of the door).

Scoot back until there is tension on the band. Once there is some tension, move your ankle so that your toes and foot pull back and upwards towards pointing to the ceiling. Return to starting position and repeat. Video # VV43NVSG7

Repeat 10 Times
Complete 2 Sets

Hold 2 Seconds
Perform 3 Times a Day