ANKLE EXERCISES

ANKLE / FOOT - 1    Isometric Plantar Flexion

With rolled pillow against wall, press foot into pillow.
Hold 5-8 seconds. Relax.
Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

ANKLE / FOOT - 2    Isometric Dorsiflexion

With rolled pillow between feet, squeeze feet together.
Hold 5-8 seconds. Relax.
Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

ANKLE / FOOT - 3    Isometric Eversion

With rolled pillow against wall, press outer border of foot
into pillow.
Hold 5-8 seconds. Relax.
Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

ANKLE / FOOT - 4    Isometric Inversion

With rolled pillow between feet, press inner borders of feet
into pillow.
Hold 5-8 seconds. Relax.
Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.
Using your ankle and foot only, trace the letters of the alphabet. Perform A to Z.
Repeat 1-3 times.
Do 1-3 sessions per day.

ANKLE / FOOT - 5    Resisted Dorsiflexion
With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax.
Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

ANKLE / FOOT - 6    Resisted Plantar Flexion
With tubing around foot, press foot down.
Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

ANKLE / FOOT - 7    Resisted Inversion
Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward.
Repeat 10 times x 3-5 sets.
Do 10 sessions per day.

ANKLE / FOOT - 8    Resisted Eversion
With tubing anchored around uninvolved foot, slowly turn involved foot outward.
Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.
Using your ankle and foot only, trace the letters of the alphabet. Perform A to Z.

Repeat 1-3 times.
Do 1-3 sessions per day.

With foot resting on towel, slowly bunch towels up as you curl toes.

Repeat 10 times x 3-5 sets.
Do 1-3 sessions per day.

With both feet resting on towel, bunch towel up as you curl toes.

Repeat 10 times x 3-5 sets.
Do 10 sessions per day.

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold 20-60 seconds.
Repeat 6 times x 3 sets.
Do 1-3 sessions per day.
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold 20-60 seconds.
Repeat 6 times x 3 sets.
Do 1-3 sessions per day.