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Ankle Conditioning Program

Purpose: To strengthen and stretch your muscles surrounding the ankle to regain normal motion and pain-free function.

Length: 4-6 weeks unless otherwise instructed.

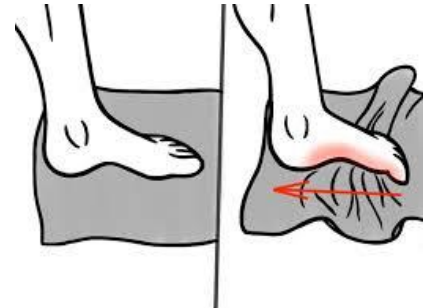
1. Ankle Range of Motion:

- ✓ Sit down so that your feet do not touch the floor.
 - ✓ Use your foot to write each letter of the alphabet in the air.
- *Tip: Keep the movements small, using just your foot and ankle.



2. Towel Curls:

- ✓ Sit with both feet flat and place a small towel on the floor in front of you.
 - ✓ Grab the center of the towel with your toes and curl the towel toward you.
 - ✓ Relax and repeat 5 times.
- *Tip: You can make this exercise more challenging by placing a weight on the edge of the towel.

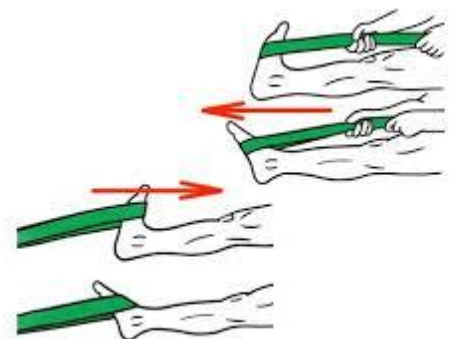


3. Ankle Dorsiflexion/Plantar Flexion:

*Equipment needed: Use an elastic stretch band of comfortable resistance.

- ✓ Sit on the floor with your legs straight out in front of you.
 - ✓ For dorsiflexion, anchor the elastic band on a chair or table leg, then wrap it around your foot.
 - Pull your toes toward you and slowly return to the start position. Repeat 10 times.
 - ✓ For plantar flexion, wrap the elastic band around your foot and hold the ends in your hand.
 - Gently point your toes and slowly return to the start position. Repeat 10 times.
- *Tip: Keep your leg straight and heel on the floor for support.

Plantar Flexion



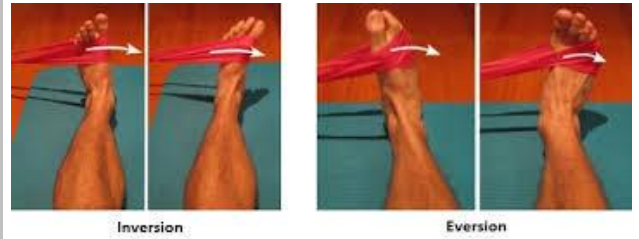
Dorsiflexion

4. Inversion/Eversion:

*Equipment needed: Use an elastic stretch band of comfortable resistance.

- ✓ Sit on the floor with your legs straight out in front of you.
- ✓ For inversion, anchor the elastic band on a chair or table leg, then wrap it around the inside of your foot.
→ Roll your foot inward and slowly return to the start position. Repeat 10 times.
- ✓ For eversion, wrap the elastic band around the outside of your foot.
→ Gently roll your foot outward and slowly return to the start position. Repeat 10 times.

*Tip: Keep your leg straight and heel on the floor for support.



Inversion

Eversion