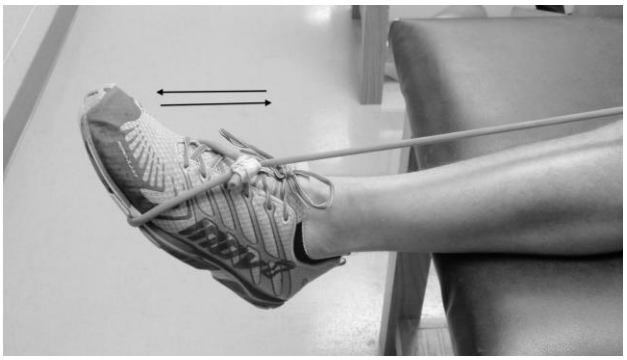
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# Ankle Exercises

**Ankle Plantar Flexion**

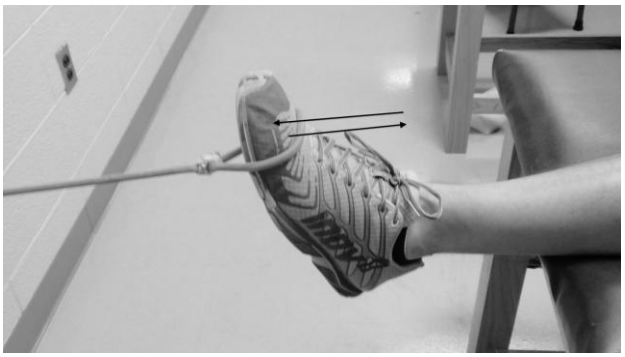
Start ankle in neutral position and then push toes down like pushing on a gas pedal. Make sure to give resistance by pulling on the band. Hold 2 seconds and slowly return back to starting point. Repeat 20 times, resting briefly after 10. Perform 1-2 times per day



**Ankle Dorsiflexion.**

Start ankle in neutral position and then pull the ankle towards the body. Hold 2 seconds and relax. Repeat 20 times, resting briefly after 10. Perform 1-2 times per day

*may need assistance from someone else to pull band, if not available straighten your other leg and wrap band under*



**Ankle Inversion**

Start ankle in a neutral position and then rotate your ankle so that your toes move inward toward the midline of body and then slowly go back to neutral position. Repeat 20 times, resting briefly after 10. Perform 1-2 times a day

*cross the good leg over and wrap band under foot to provide resistance

*Try not to rotate the lower leg*



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**Ankle Eversion**

Starting with ankle in neutral position rotate ankle outwards (so toes move away from midline of the body.) Try not to rotate the lower leg. Then return to neutral position. Hold 2 seconds. Repeat 10 times. Perform 1-2 times a day.



**Toe Raises**

Start standing on the floor with your feet flat on the floor, then raise your heels up so you are standing on your toes. Hold 2-3 seconds, repeat 15 times. Perform 1-2 times a day.



**Single leg balance**

Standing on one leg try to keep your balance. Stand for 20 seconds at a time. Repeat 3 times. To make it harder put a pillow or something soft under your foot to stand on.



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**Ankle Circles**- sit on the edge of a bed or table with your ankle just past the end. Roll your ankle clockwise 30 times as if you were drawing a circle with your toes. Then do the same but counter-clockwise 30 times. You can also try drawing the alphabet with your toes for additional range of motion



**Heel walks**- walk back and forth down a hallway keeping only your heels on the ground and your forefoot off the ground. Try and walk about 40 feet like this. Repeat 2 or 3 times. Rest as needed between sets.

**Toe walks**- this is the opposite of heel walks. Walk back and forth down a hallway staying up on your toes/forefoot only. Repeat 2 or 3 times. Rest as needed between sets.

**Calf Stretch**- stand facing a wall with your hands in front of your against the wall. Place one foot behind and the other foot forward as if you were going to do a lunge. Keep the heel of the foot that is behind flat on the floor and lunge forward while also keeping your knee straight. Hold for 20-30 seconds. You should do this 3 times. Repeat this exercise but let the knee bend while still keeping the heel on the floor to stretch the lower calf.

