

ANKLE REHABILITATION

Rehabilitation of you ankle after an injury will focus on the achievement of three goals:

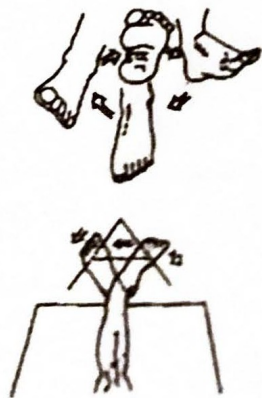
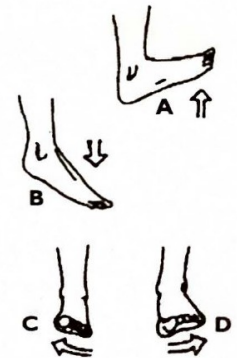
1. Obtaining normal range of motion
2. Obtaining normal strength
3. Obtaining normal control/proprioception

Because the degree of injury varies from individual to individual, more concentration may need to be placed in one of the above areas for your particular condition. We will consider your ankle(s) fully rehabilitated after you have reached the above goals and you are capable of functioning successfully without pain.

If most of your swelling is gone, heat can be used to loosen muscles, ice can be used to reduce pain and swelling.

Range of Motion Exercises

- A. Flexion:** bring toes and foot up as far as possible hold for a 2-3 second count
B. Extension: bring toes and foot downward as far as possible hold for a 2-3 second count.
 Repeat A and B 10 times.
C. Inversion: turn the soles of feet inward, hold for a 2-3 second count.
D. Eversion: turn soles of feet outward, hold for a 2-3 second count.
 Repeat C and D 10 times



Foot Circles:

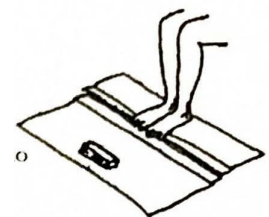
Move foot in a smooth. Circular motion, first clockwise then, Counter clockwise. Repeat each direction 8-10 times.

Alphabet:

Lying on back with knee extended and foot hanging free off the end of the table, print the entire alphabet (Capital Letters) with your foot moving as far as possible into all directions. Repeat 8- 10 times.

Towel Exercise

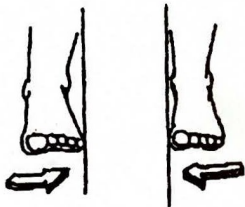
Sit in a chair with your feet flat on the floor with a towel placed beneath them. Pull the towel towards you by curling up your toes. Repeat 2-3 times. When the exercise can be done easily 2-3 times then start progressively adding weight to the towel and repeat as above.



Tubing/Band Exercise:

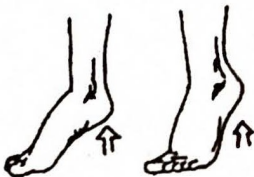
Sit on the floor with tubing/band tied firmly around a stable object (couch, dresser leg, etc.).

- A. Dorsiflexion: Place tubing around the top of your foot with tubing fairly tight. Pull foot upward as strongly as possible, resisting the pull from the tubing. Hold this position for a 10 second count. Relax. Repeat 2-3 times.
- B. Eversion: Change sitting position so that tubing/band now presses against the outside border of your foot. Pull foot outward, hold for a 10 second count. Relax. Repeat 2-3 times.
- C. Inversion: Change sitting position so that tubing/band now presses against the inside border of your foot. Pull foot inward, hold for a 10 second count. Relax. Repeat 2-3 times.



Isometric Inversion/Eversion

- A. Position yourself next to a stationary object (wall, chair leg etc.). Place the outside border of your foot against the object and attempt to push outward. Hold for a 10 second count. Relax. Repeat 2-3 times.
- B. Repeat the above exercise with the inside of your foot placed against the object. Repeat 2-3 times.



Toe Raises:

- A. Stand with feet placed 10"-12" apart, toes facing inward. Raise up as far as possible on toes, then down. Repeat up and down 5 times.
- B. Point toes outward and repeat as above.
- C. If the above steps are completed with little difficulty then attempt single leg raise, to be done as above (R)/(L).

Control Exercises

Practice standing on only your injured foot or ankle without holding anything for support. Slowly lean forward and work on regaining your balance. Practice doing this same exercise with heel slightly off the ground.



PLEASE NOTE: If symptoms persist despite dedicated home therapy, you can ask for a referral to a physical therapist.

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.