



Camino Medical Group

A Division of the Palo Alto Medical Foundation

Ankle Exercises

Instruction by:

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These exercises are designed for rehabilitation of ankle sprains. They should be used under the guidance of a physician or health care professional.

Exercises are to be performed in a step-wise fashion. DO NOT move on to the next step until all exercises can be completed in the previous step with little pain. Walking is permitted within the limits of pain.

Recovery following an ankle sprain is highly variable. Sometimes patients can progress from injury to completion of all exercises in as little as a week, while others may take six weeks or longer. If you have any significant difficulty with these exercises, contact your health care professional.

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|--------|---|
| STEP 1 | Exercises 1 and 2 |
| STEP 2 | Add exercises 3 through 5 |
| STEP 3 | Change from doing exercise 5 to exercise 6 |
| STEP 4 | Continue exercises 2 and 6; add exercises 7 and 8 |
| STEP 5 | Add exercises 9 and 10 |
| STEP 6 | Continue exercises 6 and 8; add 11 and 12 |
| STEP 7 | Once you have progressed to step 6 and can do these exercises comfortably, you may progress to a light jog on a treadmill or level ground for 10 to 20 minutes. |

If you have no improvement after one week, contact your physician.

This patient handout was produced by the Camino Medical Group Department of Orthopedics for the purpose of better assisting our patients with their recovery. It is important that you follow the directions your physician has prescribed in order to benefit from the rehabilitation process.

THE ALPHABETS

Exercise 1

1. While seated with the edge of the heel on the floor, draw the entire alphabet one letter at a time by moving the injured ankle and using the great toe as the "pen".
2. Do two sets of (A-Z), two to three times a day.

WINDSHIELD WIPER

Exercise 2

1. Sit with the foot flat on the floor and facing straight ahead.
2. Rotate the affected foot to mimic a windshield wiper blade: Pivot the foot outward and touch the inside edge of the foot to the floor (A)
3. Rotate it inward and touch the outside of the foot to the floor (B).
4. Do two sets of 10 to 15 repetitions, two to three times a day.

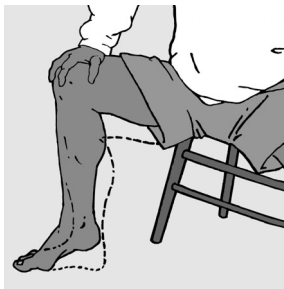


Ankle Exercises

SEATED CALF RAISE

Exercise 3

1. Sit with the injured foot flat on the floor.
2. Lift the heel as far as possible while keeping the toes on the floor.
3. Return the heel to the floor.
4. Do two sets of 10 to 15 repetitions, two to three times a day.

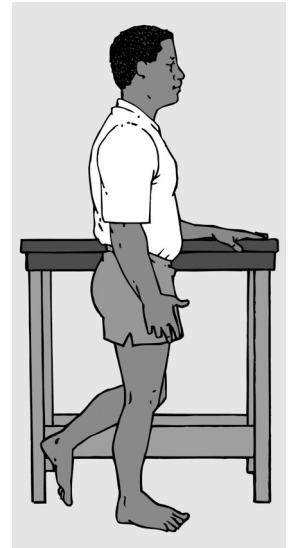


SINGLE LEG STAND

partial weight-bearing

Exercise 4

1. Stand while placing one hand on a table.
2. Shift some of the weight to the injured foot for 15 seconds.
3. Increase the time spent on the injured foot by 15 seconds until you can stand for 45 seconds.
4. Gradually increase the amount of weight supported by the injured foot until full body weight is used.
5. Do two sets of 10 to 15 repetitions, two to three times a day.



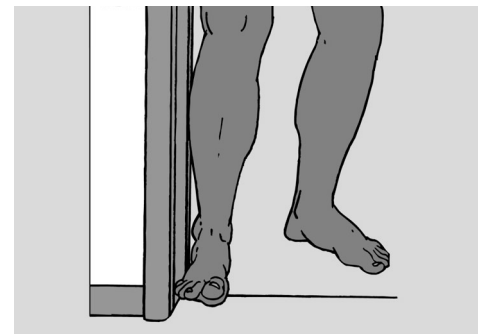
EVERSION AND INVERSION ISOMETRICS

Exercise 5

Eversion

1. (A) Stand and place the outside of the injured foot against a table leg or door jamb.
2. Push outward with the foot for 2 to 3 seconds.
3. Do two sets of 10 to 15 repetitions, two to three times a day.

EVERSION



Inversion

1. (B) Stand with the inside of the foot against the table leg or door jamb.
2. Push inward for 2 to 3 seconds.
3. Do two sets of 10 to 15 repetitions, two to three times a day.

INVERSION



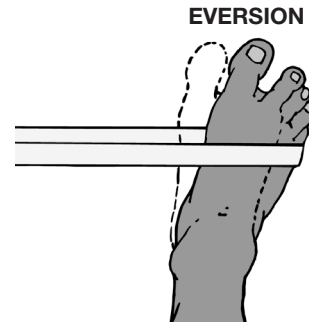
Ankle Exercises

EXERCISE BAND-EVERSION AND INVERSION

Exercise 6

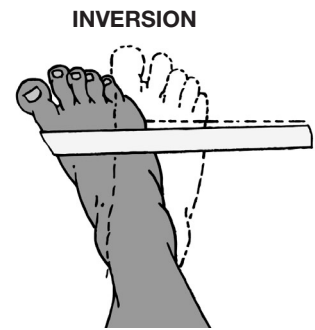
Eversion

1. Sit with the involved leg straight.
2. Tie a loop in an elastic exercise band(Theraband*) and attach the other end to a heavy object such as a table leg.
3. Place the loop around the ball of the foot (A).
4. Rotate (evert) the foot away from the table leg and return to the starting position (1 repetition).
5. Do not rotate the leg to do the exercise.
6. Do two sets of 10 to 15 repetitions, two to three times a day.



Inversion

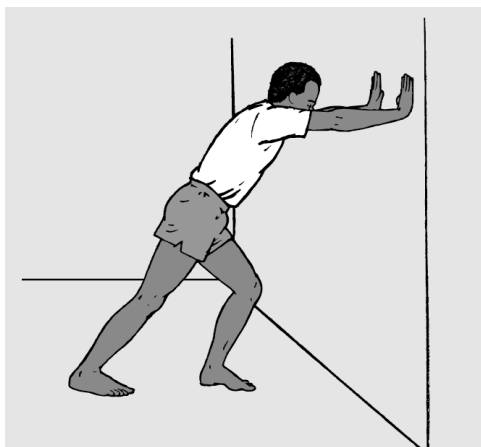
1. (B) Reverse the position of the exercise band.
2. Rotate (invert) the foot inward, away from the table leg.
3. Do two sets of 10 to 15 repetitions, two to three times a day.



GASTROCNEMIUS STRETCH

Exercise 7

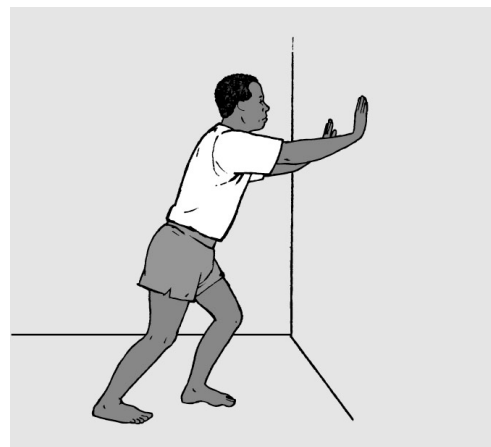
1. Place the injured foot behind the uninjured foot and keep the back knee straight, with the heel firmly planted on the floor.
2. Lean forward against a wall so that you feel a stretch in the calf farthest from the wall.
3. Hold for 30 seconds.
4. Do two sets of 10 to 15 repetitions, two to three times a day.



SOLEUS STRETCH

Exercise 8

1. Stand with the injured foot in front of the other foot.
2. Bend the knee of the back foot and lower your body toward the floor without letting the back heel rise off the floor.
3. You should feel the stretch in the lower calf of the back leg.
4. Do two sets of 10 to 15 repetitions, two to three times a day.



Ankle Exercises

SINGLE LEG STAND STANDING CALF RAISE (full weight-bearing)

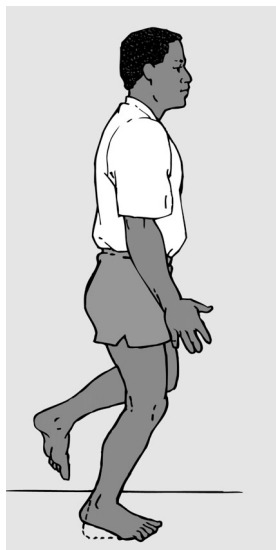
Exercise 9

Single-leg stand

1. Stand with the injured foot on the floor and the other leg bent at the knee and off the floor (as shown for the standing calf raise).
2. Maintain full weight on injured leg for 30 seconds.
3. Do two sets of 10 to 15 repetitions, two to three times a day.

Standing Calf Raise

1. Raise up on the ball of the injured foot
2. Return the heel to the floor.
3. Weight is supported only on the injured side.
4. Do two sets of 10 to 15 repetitions, two to three times a day.



SINGLE LEG STAND WITH A TOWEL

Exercise 10

1. Roll a towel into a strip 4 inches wide, 1 to 2 inches high, and 12 to 18 inches long.
2. Stand with the injured ankle on the towel as for the single-leg stand (exercise 4).
3. Hold for 30 seconds.
4. Do two sets of 10 to 15 repetitions, two to three times a day.



LATERAL STEP

Exercise 11

1. Place a rolled towel on the ground and stand with both feet to one side of the towel (A).
2. Step over the towel with the injured ankle (B) and remain on one foot (C).
3. Reverse the process and step over the towel in the opposite direction.
4. Increase speed as pain will allow.
5. Do two sets of 10 to 15 repetitions, two to three times a day.

LATERAL BOUND

Exercise 12

1. Place a rolled towel on the ground and stand with both feet to one side of the towel (same as Lateral Step starting position).
2. Hop over the towel and land on the right foot.
3. Then, hop back over the towel and land on the left foot.
4. Gradually increase speed and height of bound as comfort allows.
4. Do two sets of 10 to 15 repetitions, two to three times a day.

A



B



C

