

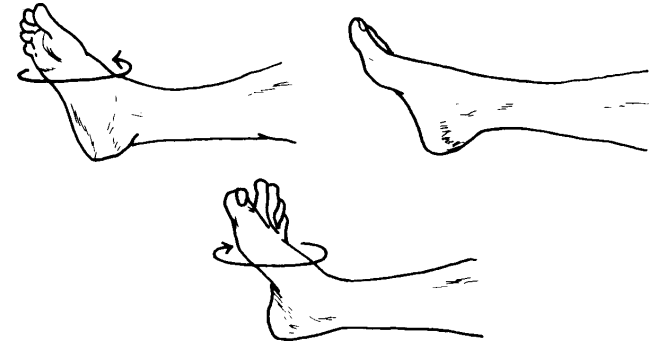
Physical Therapy Department

# Home Program For Ankle Exercises



## EXERCISES OUT OF CAST:

1. With toes relaxed, move foot at the ankle up and in, then down, then up and out. \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ per day



2. Move foot at the ankle up as far as possible then point toes down as far as possible. \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ per day



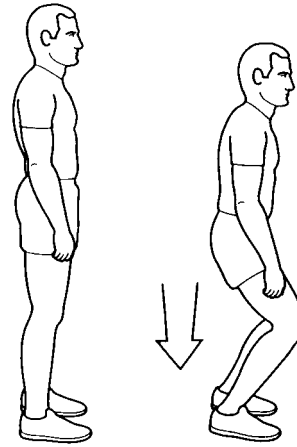
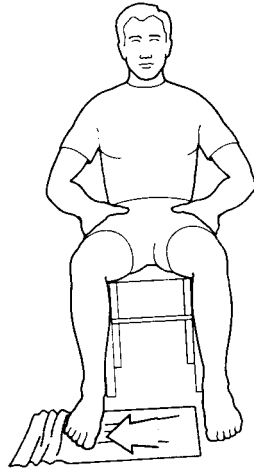
3. Curl toes down, then straighten toes and pull them toward you. \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ per day



4. Sit in chair with involved leg crossed over other leg. With imaginary pencil between toes, trace the alphabet in 6 inch letters. \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ per day
5. Walk on tiptoes. Walk on heels. \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ per day

6. With foot on the towel, heel off the edge of the towel, push towel outwards with a sweeping motion.

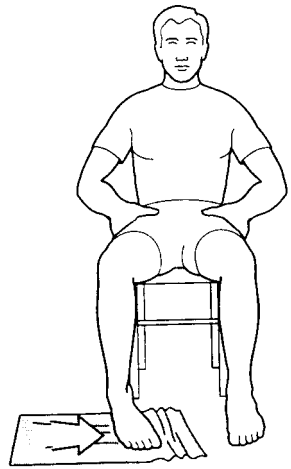
\_\_\_\_\_ sets \_\_\_\_\_ reps  
 \_\_\_\_\_ per day



### 9. ONE QUARTER SQUATS

Stand with your feet shoulders width apart. Keep your back upright. Bend knees **over** toes. Keep your heels in contact with floor. \*Avoid bending knees inward.

\_\_\_\_\_ sets \_\_\_\_\_ reps  
 \_\_\_\_\_ per day



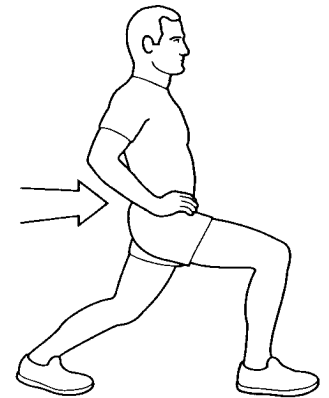
7. Position as above #6 push towel inward with a sweeping motion.

\_\_\_\_\_ sets \_\_\_\_\_ reps  
 \_\_\_\_\_ per day

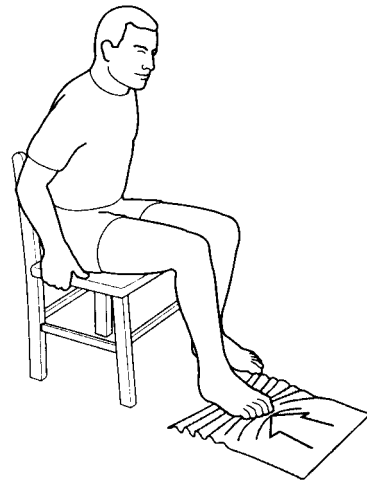
### 10. FORWARD LUNGES

Hands on hips, stand upright, step forward 2-3 feet and allow front knee to

\_\_\_\_\_ sets \_\_\_\_\_ reps  
 \_\_\_\_\_ per day



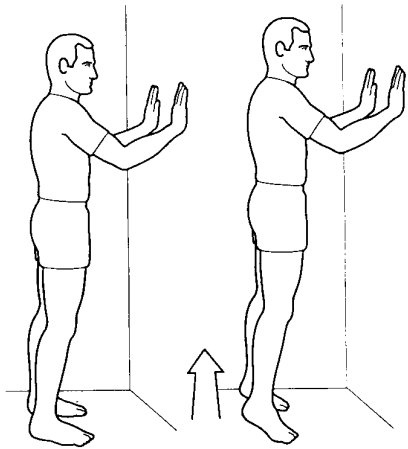
8. Position as above #6 curl toes and pull towel towards you. \_\_\_\_\_ sets \_\_\_\_\_ reps  
 \_\_\_\_\_ per day



### 11. ONE LEG BALANCE

Stand and balance on involved leg. Increase time up to 2 minutes.

\_\_\_\_\_ sets \_\_\_\_\_ reps  
 \_\_\_\_\_ per day



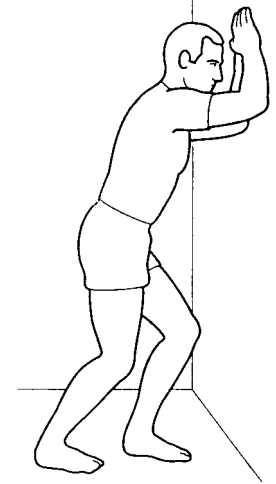
### 12. TOE RAISES

Stand with your feet shoulders width apart. Raise up onto your toes as high as possible.

\_\_\_\_ sets      \_\_\_\_ reps  
 \_\_\_\_ per day

- Position as #14A-1.  
 Bend back knee. Keep heel on ground.

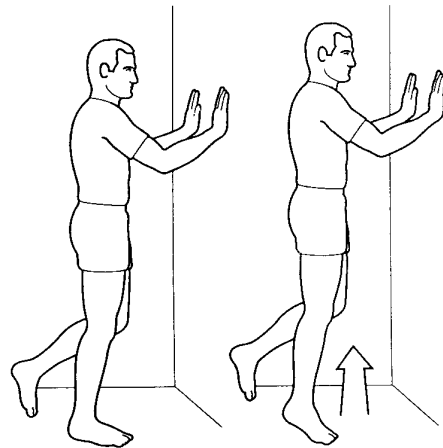
Hold stretch \_\_\_\_ seconds,  
 2-3 times. \_\_\_\_ sets  
 \_\_\_\_ reps \_\_\_\_ per day



### 13. One Leg Toe Raises

Stand on involved leg. Raise up onto your toes as high as possible.

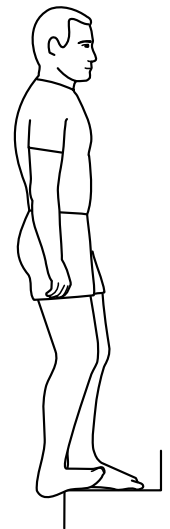
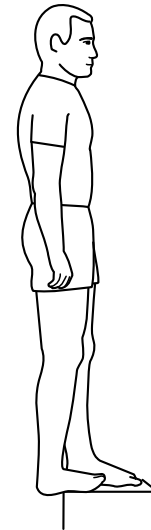
\_\_\_\_ sets      \_\_\_\_ reps  
 \_\_\_\_ per day



### 14B. CALF STRETCH OFF A STEP

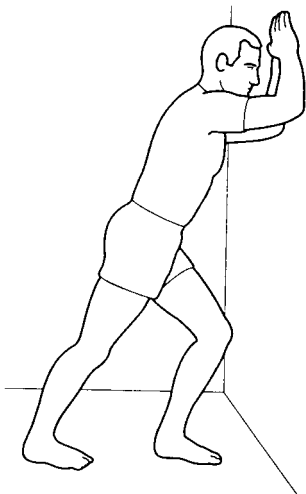
- Uninvolved leg on step, ball of foot on same step. Lower heel.

Hold stretch \_\_\_\_ seconds,  
 2-3 times. \_\_\_\_ sets  
 \_\_\_\_ reps \_\_\_\_ per day



### 14A. CALF STRETCH

- Stand with elbows resting on wall. Uninvolved leg bent in front at 90° angle. Involved leg straight with heel on ground and toes toward front wall. Hold \_\_\_\_ seconds, 2-3 times \_\_\_\_ per day.

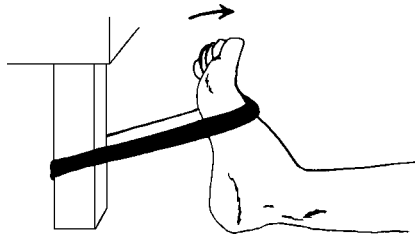


OR

## WITH ELASTIC TUBING (RESISTIVE)

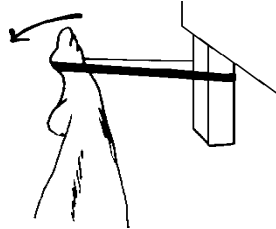
15. Place loop tubing under table leg. Sitting on floor with leg straight, place tubing around toes and bend ankle toward you.

\_\_\_\_\_ sets      \_\_\_\_\_ reps  
\_\_\_\_\_ per day



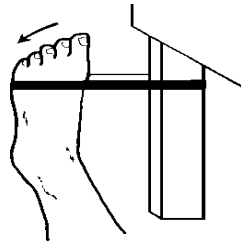
16. Sit sideways to table, twist ankle in direction of big toe.

\_\_\_\_\_ sets      \_\_\_\_\_ reps  
\_\_\_\_\_ per day



17. Reverse position, place foot as illustrated, and twist ankle in direction of the little toe.

\_\_\_\_\_ sets      \_\_\_\_\_ reps  
\_\_\_\_\_ per day



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## EXERCISES TO BE DONE IN CAST:

*10 times each, 3 x 1 day*

1. Sitting with heel of cast on floor, curl toes under then pull toes up.
2. Isometrics
  - a. Push sole of foot against bottom on cast.
  - b. Lift foot and press against top of cast.
  - c. Push inner border of foot against other side of cast.
3. Lying on back, with knee straight, lift leg up slowly and hold for 5 seconds. Let down and relax.