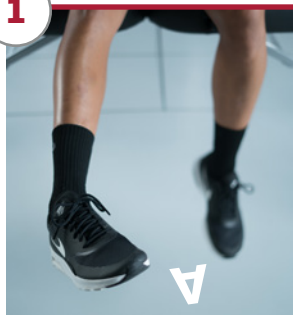


ANKLE EXERCISES

1



ABC

- Using only your ankle and foot, trace the letters of the alphabet.
- Perform A to Z.
- Repeat ___ times.
- Do ___ sessions per day.

2



ANKLE CIRCLES

- Sit with knee bent.
- Using your ankle and foot only, move foot clockwise/ counterclockwise.
- Repeat ___ times.
- Do ___ sessions per day.

3



ISOMETRIC ANKLE DORSIFLEXION

- With the injured foot relaxed, use hand or uninjured foot to apply resistance.
- Push foot against resistance and hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

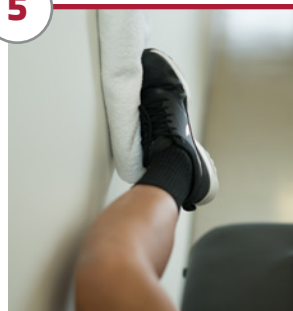
4



ISOMETRIC ANKLE PLANTARFLEXION

- With rolled towel against wall, press foot into towel.
- Hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

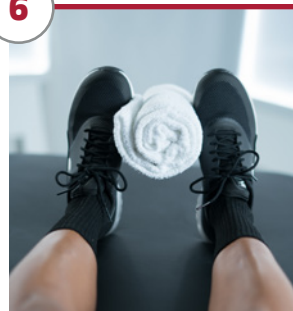
5



ISOMETRIC ANKLE EVERSION

- With rolled towel against the wall, press outer border of foot into towel.
- Hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

6



ISOMETRIC ANKLE INVERSION

- With rolled towel between feet, squeeze feet together.
- Hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

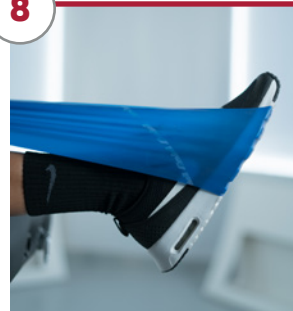
7



RESISTED DORSIFLEXION

- With resistance band anchored in door or around a leg of a chair, pull foot toward face.
- Return slowly to starting position. Relax.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

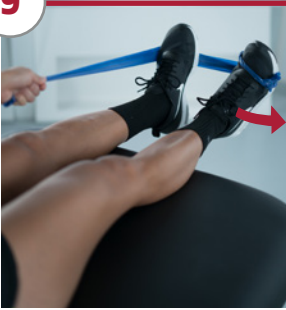
8



RESISTED PLANTARFLEXION

- Place resistance band around foot.
- Press foot down.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

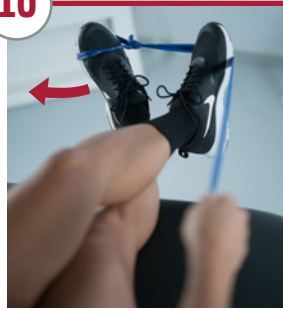
9



RESISTED EVERSION

- Put loop around **right or left (circle one)** foot, turn foot outward.
- Place the other foot around resistance band to resist.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

10



RESISTED INVERSION

- Put loop around **right or left (circle one)** foot. Place the opposite ankle over the bottom leg and use to add resistance to the tubing.
- Move **right or left (circle one)** foot slowly inward.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

11



MARBLE PICK-UP

- Place a handful of marbles onto a towel.
- Pick up one marble at a time and drop it into a cup or jar.
- Repeat ___ times.
- Do ___ sessions per day.

12



CALF RAISES

- Stand on both legs. (Progress to single leg.)
- Raise your heels by extending your ankles as high as possible.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

13



CONE BALANCE DRILL

- Stand on **right or left (circle one)** leg.
- Tap each cone with **right or left (circle one)** foot clockwise/ counterclockwise.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

14



UNEVEN SURFACE BALANCE DRILL

- Place **right or left (circle one)** foot on uneven surface (foam pad).
- With knee slightly bent, maintain balance for ___ seconds.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

Download exercises from
houstonmethodist.org/at-resources

