ANKLE EXERCISES

1. **ABC**
   a. Using only your ankle and foot, trace the letters of the alphabet.
   b. Perform A to Z.
   c. Repeat ___ times.
   d. Do ___ sessions per day.

2. **ANKLE CIRCLES**
   a. Sit with knee bent.
   b. Using your ankle and foot only, move foot clockwise/ counterclockwise.
   c. Repeat ___ times.
   d. Do ___ sessions per day.

3. **ISOMETRIC ANKLE DORSIFLEXION**
   a. With the injured foot relaxed, use hand or uninjured foot to apply resistance.
   b. Push foot against resistance and hold for 10 seconds. Relax.
   c. Repeat ___ times.
   d. Do ___ sessions per day.

4. **ISOMETRIC ANKLE PLANTARFLEXION**
   a. With rolled towel against wall, press foot into towel.
   b. Hold for 10 seconds. Relax.
   c. Repeat ___ times.
   d. Do ___ sessions per day.

5. **ISOMETRIC ANKLE EVERSION**
   a. With rolled towel against the wall, press outer border of foot into towel.
   b. Hold for 10 seconds. Relax.
   c. Repeat ___ times.
   d. Do ___ sessions per day.

6. **ISOMETRIC ANKLE INVERSION**
   a. With rolled towel between feet, squeeze feet together.
   b. Hold for 10 seconds. Relax.
   c. Repeat ___ times.
   d. Do ___ sessions per day.

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

8. **RESISTED PLANTARFLEXION**
   a. Place resistance band around foot.
   b. Press foot down.
   c. Repeat ___ times ___ sets
   d. Do ___ sessions per day.
RESISTED EVERSION
a. Put loop around right or left (circle one) foot, turn foot outward.
b. Place the other foot around resistance band to resist.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

CONE BALANCE DRILL
a. Stand on right or left (circle one) leg.
b. Tap each cone with right or left (circle one) foot clockwise/ counterclockwise.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

RESISTED INVERSION
a. 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.
b. Move right or left (circle one) foot slowly inward.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

UNEVEN SURFACE BALANCE DRILL
a. Place right or left (circle one) foot on uneven surface (foam pad).
b. With knee slightly bent, maintain balance for ___ seconds.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

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

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

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