

ANKLE EXERCISES - STAGES 1 - 3

Stage 1:



Achilles Stretch Longsitting, 1 Set of 10
 While sitting with your knee straight, place a warm towel around the bottom of your foot, with an end in each hand. Slowly pull the towel until you feel a gentle stretch in your calf. Hold at least 30 seconds, then relax. Do 1 set of 10.



Achilles Stretch, Gastroc, 1 Set of 10
 Stand facing a wall, with one foot in front of the other. Lean forward with your hands on the wall. Bend the front leg, leaving the rear leg straight and keeping both heels on the floor. Continue until you feel a gentle stretch. Hold for 30 seconds, then repeat with the other leg forward. Do 1 set of 10.

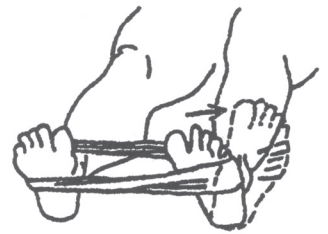


Achilles Stretch, Soleus, 1 Set of 10
 Stand facing a wall, with one foot in front of the other. Lean forward with your hands on the wall. Bend both legs slightly, keeping both heels on the floor. Continue until you feel a gentle stretch. Hold for 30 seconds, then repeat with other leg forward. Do 1 set of 10.

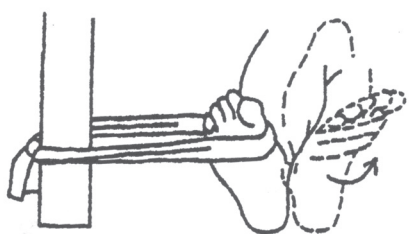


Ankle Pumping, 3 Sets of 10
 Increase ROM and circulation by first pointing your toes downward, then up, in a slow steady motion. Do 3 sets of 10.

Stage 2:



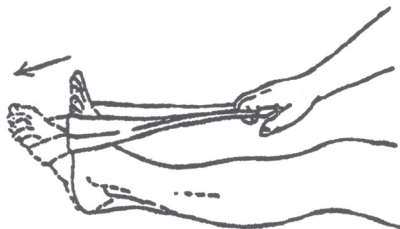
Eversion, Elastic Resistance, 3 Sets of 10
 Sit on the floor with your knees bent. Put the elastic around both feet as shown. Slowly reach out and up with your ankle, trying to minimize knee movement. Slowly return to the neutral position. Do 3 sets of 10.



Inversion, Elastic Resistance, 3 Sets of 10
 Attach an elastic loop to a stable chair leg. With your knees bent and heel on the floor, pull your foot in and up. Keep knee movement to a minimum. Now return slowly to the starting position. Do 3 sets of 10.

ANKLE EXERCISES - STAGE 1 - 3 Continued

Stage 2 (Continued):



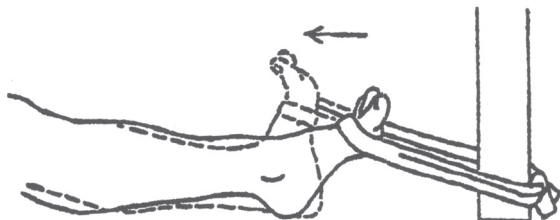
Plantar flexion with Elastic, 3 Sets of 10

Sit on the floor with an elastic loop around your foot as shown. Press down as far as possible against the resistance. Slowly return to the starting position. Do 3 sets of 10.



Toe Raises, Standing, 3 Sets of 10

Raise up on your toes as far as possible from a standing position (use a chair back or wall for balance support if necessary). (Advanced: Repeat on just one foot.) Do 3 sets of 10.



Dorsiflexion with Elastic, 3 Sets of 10

Attach an elastic loop to a stable chair leg with the other end around foot. Pull your toes and foot up toward your head, against the resistance. Go as far as possible, adjusting the resistance. Keep motions slow. Do 3 sets of 10.

Stage 3:



Balancing on One Leg

Lift your uninvolved leg up as shown. Now balance on one foot. Begin with brief times, and increase as you are able. Use a chair or wall for minimal support if necessary. (Advanced: Close your eyes and attempt to further increase your balance time.)