

ANKLE ABC's

Point your toes. While in a seated position, write out the alphabet in the air with your big toe.

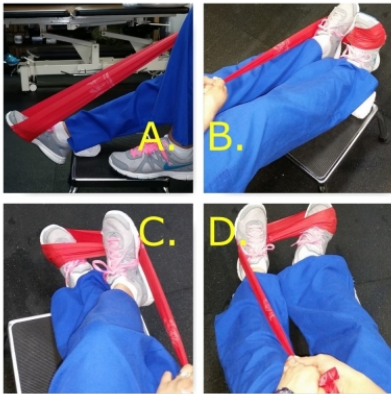
Your ankle should be moving as you perform this. Make as big of letters as you can without too much discomfort. Do the entire alphabet once (1 rep=1 letter, 26 reps=entire alphabet) Video # VVWT9C6SV

Repeat 26 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



Ankle 4way with TB

All theraband exercise is slow and controlled. Do not let the band "bounce" back. It is easiest to have someone else hold the band for you. If no one else can, you can stabilize the band with your other foot as shown.

- A. Plantarflexion: "gas pedal." Keep knee straight. Band around "ball of foot" and press it away as far as possible and slowly return to neutral. Repeat.
- B. Dorsiflexion: start in neutral and pull theraband back toward you as far as possible. pause. return slowly. keep knee straight.
- C. Inversion: start neutral and bring band toward your other foot without bending or twisting knee.
- D. Eversion: start neutral and press band out without bending or twisting knee.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



MARBLE PICK UPS

Place several marbles, dice, or a pen/pencil on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat. If you cannot get them into a bowl, just move them about 6 inches in one direction.

**Make sure to perform this in BOTH directions Video # VVM5XBF2J

Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



TOES RAISES - DORSIFLEXION STANDING

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle. Video # VV4E3UP3V

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground. Video # VV446LPRP

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



Single Leg Stance

Standing up tall, stand on your injured leg. Try to balance for 30 seconds. Stand by a wall so you can grab it if you feel like you are going to fall.

Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day

CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.
Video # VVGU5LGMB



Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day