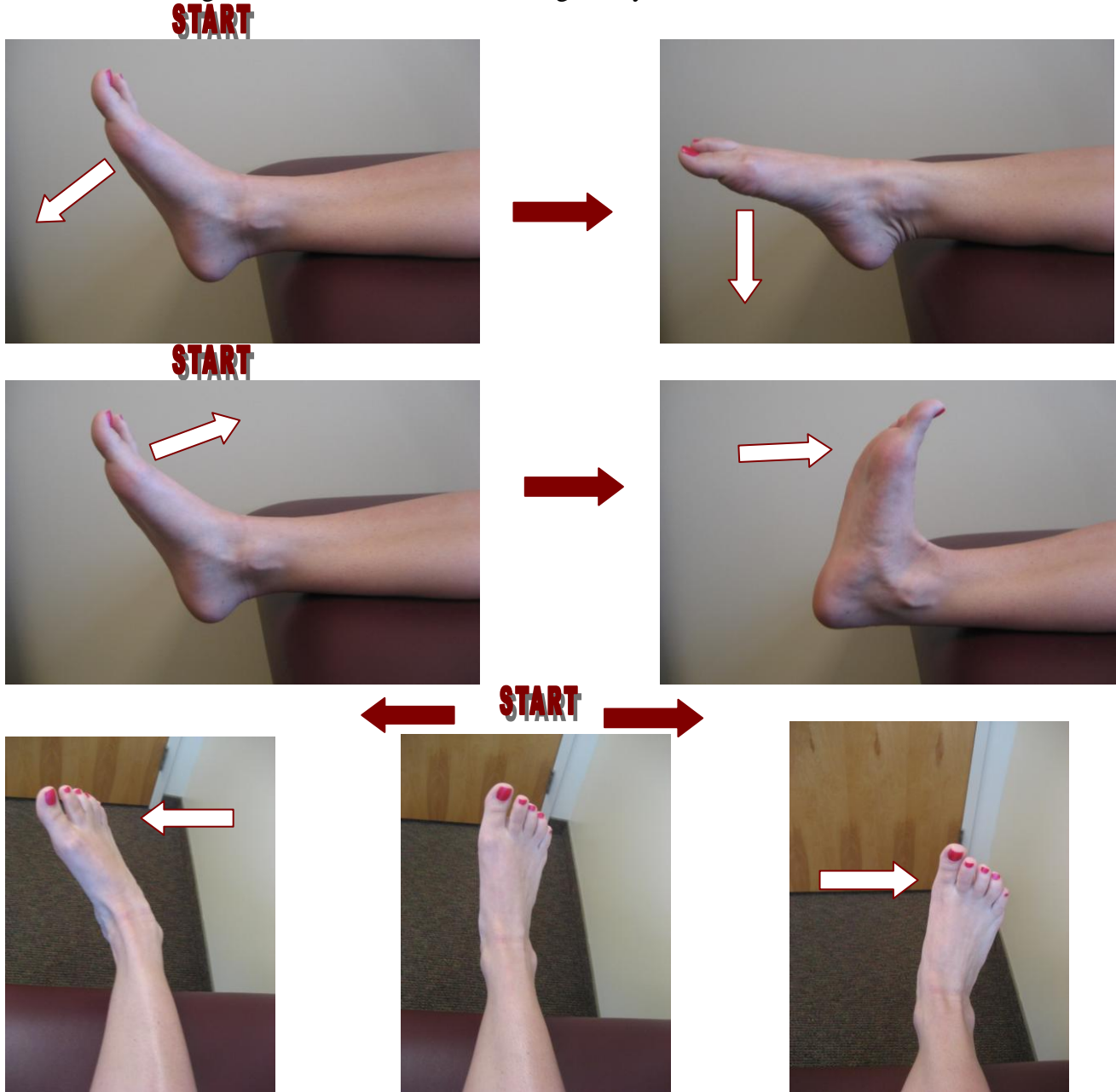


FRONT RANGE ORTHOPEDICS

Ankle Program

Due to injury, immobilization or a combination of both your ankle has become stiff. These exercises are designed to help regain the motion and strength lost. You will be using the muscles in your ankle to do the stretching. Perform these exercises sitting with your knee bent.

Range of Motion Exercises



Stretches: Begin by pointing your toes down and hold it there for five (5) seconds. Next, pull your toes up and hold it there for five seconds. Then turn the sole of your foot inward and hold there for five seconds. Finally turn the sole of your foot outward and hold there for five seconds. Repeat this sequence _____ times.

Towel Curls

- 1) Place a towel flat on the floor and sit in a chair at the end of it
- 2) Put your injured foot on the towel with your heel right at the edge.
- 3) Using your toes bunch the towel in toward yourself until you reach the other end.
- 4) Flatten the towel out and repeat _____ times.
- 5) To increase the difficulty of this exercise place an object on the end of the towel.



- 1) Place a towel flat on the floor and sit in a chair with your foot at the edge of it, so that the towel lies toward your opposite foot.
- 2) Using the inside edge of your foot push the towel to the outside.
- 3) Once you have reached the end flatten out the towel and repeat _____ times.
- 4) To increase the difficulty of this exercise place an object on the end of the towel.



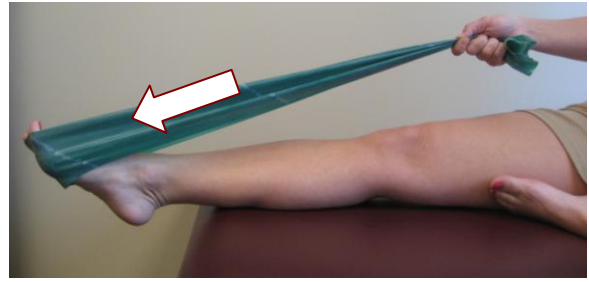
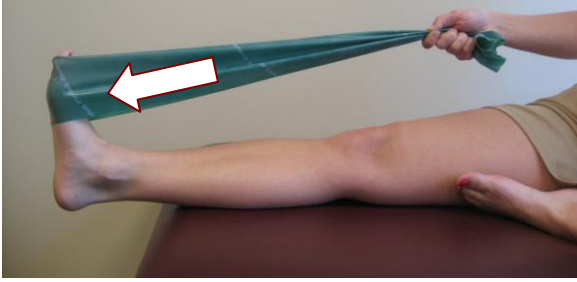
- 1) Place a towel flat on the floor and sit in a chair with your foot at the edge of it, so that the towel lies to the outside of your foot.
- 2) Using the outside edge of your foot rock your foot inward to pull the towel toward your opposite foot.
- 3) Once you have reached the end flatten out the towel and repeat _____ times.
- 4) To increase the difficulty of this exercise place an object on the end of the towel.



Theraband Strengthening Exercises

These exercises should be performed sitting in a chair or on a solid surface such as the floor.

- 1) With the band around your foot press your foot downward.



- 1) With the band around your foot pull the sole of your foot inward.



- 1) With the band around your foot pull the sole of your foot outward.



- 1) With the band around your foot pull your foot up toward your knee.



- 2) For all Exercises return slowly to the starting position. Repeat _____ times.

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Heel Raises



- 1) Stand up straight near an object that can be used for support.
- 2) Rise up on your toes, lifting your heels as high as possible
- 3) Slowly return to the starting position
- 4) Repeat _____ times.



- 1) Turn your feet so that your toes point outward.
- 2) Rise up on your toes, lifting your heels as high as possible
- 3) Slowly return to the starting position
- 4) Repeat _____ times.



- 1) Turn your feet so that your toes point inward.
- 2) Rise up on your toes, lifting your heels as high as possible
- 3) Slowly return to the starting position
- 4) Repeat _____ times.

Heel Cord Stretching

Standing Stretches

- 1) Face a wall, standing about two paces away, and place your hands against the wall.
- 2) Step forward with the foot that is uninjured.
- 3) With both heels on the floor lean your hips toward the wall. Be sure to keep your back leg straight to stretch your calf muscle.
- 4) Hold for 20-30 seconds then relax. Repeat _____ times.



- 5) Repeat the above exercise but this time keep your back leg slightly bent at the knee.
- 6) Hold for 20-30 seconds then relax. Repeat _____ times.



- 1) Facing a wall, placing your foot against the wall with your toes up like you are going to step on the gas pedal of your car.
- 2) Step with your other foot in close to the wall, bringing your hips closer to the wall to increase the stretch.
- 3) Hold for 20-30 seconds then relax. Repeat _____ times.



Sitting Stretch

- 1) Sit in a firm chair and hold your leg straight out in front of you.
- 2) Loop a towel around the ball of your foot holding the end of the towel in each hand.
- 3) Without bending your knee, steadily pull the towel toward you to stretch your calf muscle.
- 4) Hold for 20-30 seconds then relax. Repeat _____ times.

