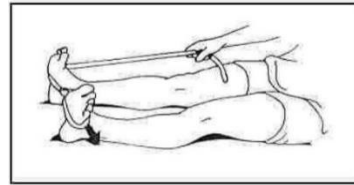


Ankle Rehabilitation Exercises

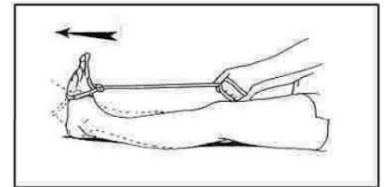
Ankle Eversion

With band anchored around the uninjured foot, slowly turn the injured foot outward. Repeat 30 times.



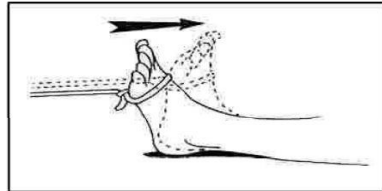
Ankle Plantar Flexion

With band around injured foot, press foot down. Repeat 30 times.



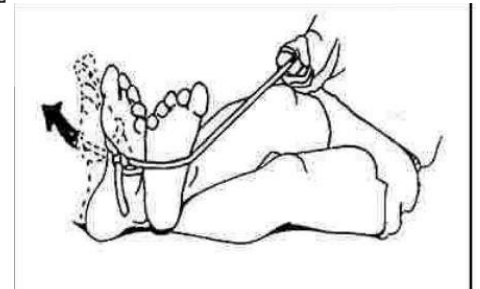
Ankle Dorsiflexion

With band anchored on a solid object, pull foot upwards towards your knee. Repeat 30 times.



Ankle Inversion

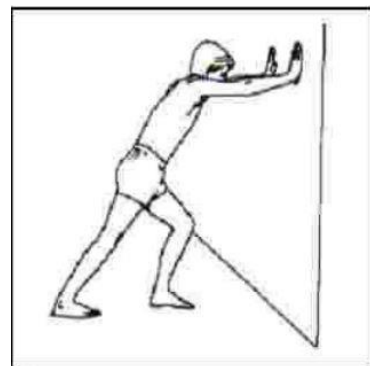
Cross legs with injured ankle underneath. Anchor band around the uninjured foot and slowly turn injured foot inward. Repeat 30 times.



Calf stretch

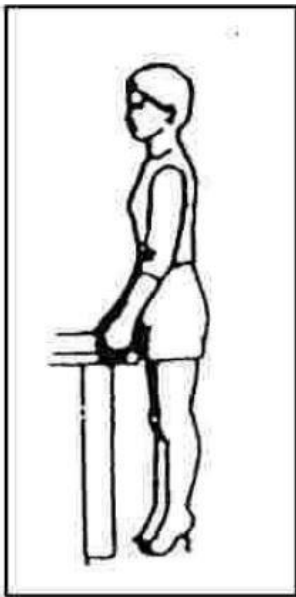
Place one foot in front of the other, shoulder width apart, keeping the injured leg behind the uninjured leg.

Make sure your heel and foot are flat on the ground, lean forward into the wall until a stretch is felt in the calf. Hold for 15 – 20 seconds. Repeat 3-5 times.



Dorsiflexion stretch

Standing with both knees bent and the injured foot forward, gently lean forward, bending the injured knee over the ankle while keeping the heel and foot flat on the floor. This stretch will be felt in the ankle close to the heel or in the front of the ankle. Hold for 15-20 second. Repeat 3-5 times.



Toe Raises

Stand facing a wall, with hands on the wall for support and balance, keep the knees extended fully. Tighten up the quadriceps to hold the knee fully straight. Raise up on 'tip-toes' while maintaining the knees in full extension. Hold for one second, then lower slowly to the starting position. Repeat 20-30 times. As you become stronger, you can raise up on both legs, and lower down on just the injured side. Gradually build so that you can raise up and down on just the injured leg.

Single-Leg Balancing

Attempt to balance on the injured leg while holding the uninjured foot in the air. When you can balance easily, you can attempt to balance with eyes closed, or while someone throws you a ball. Practice this exercise for 5 minutes.

