



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Ankle Home Exercise Program

RANGE OF MOTION

While lying flat on the table with knee straight, slowly bend and straighten the ankle. Then slowly bend the ankle from side to side, not allowing the knee or hip to move. Perform 25 repetitions 3 times a day.



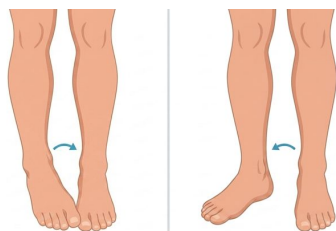
Dorsiflexion (ROM) 25 repetitions, 3 times a day

Bend the ankle up toward you.



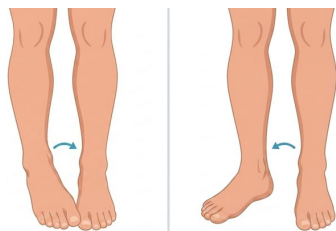
Plantarflexion (ROM) 25 repetitions, 3 times a day

Point the ankle down away from you.



Inversion (ROM) 25 repetitions, 3 times a day

Bend the ankle inward toward the opposite ankle.



Eversion (ROM) 25 repetitions, 3 times a day

Bend the ankle outward away from the opposite ankle.

ANKLE STRETCHING



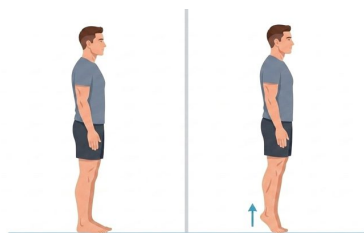
Wall Stretch **Hold 10 seconds. Repeat 5 times**

While facing the wall, place the injured ankle back with the knee straight. Lean into the wall while keeping your heel flat on the floor. Lean until you feel a gentle stretch. Hold for 10 seconds.



Stair Stretch **Hold 10 seconds. Repeat 5 times**

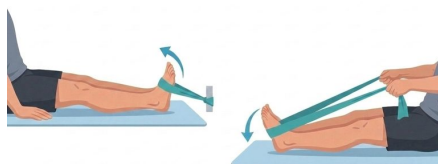
Place the ball of the injured foot on the edge of the step as shown. While keeping the knee straight, allow the heel to drop straight down until you feel a gentle stretch. Hold for 10 seconds. May do both ankles at the same time if desired.



Calf Raises **Hold 3-5 seconds**

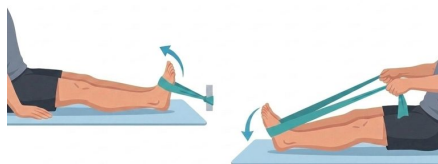
Begin with your heels down, feet and toes pointing forward. While keeping the knees straight, but not locked, raise up onto the ball of your feet. Squeeze the calf muscles. Hold for 3 to 5 seconds and gently return to the original position. This can be performed as a single leg calf raise as well.

ANKLE STRENGTHENING (THERABAND)



Dorsiflexion (Resisted) **10 repetitions, 3 times a day**

While lying flat on the table with knee straight, slowly bend the ankle towards your nose. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position.



Plantarflexion (Resisted) **10 repetitions, 3 times a day**

While lying flat on the table with knee straight, slowly point the ankle down and away from you, pressing against the band. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position.



Inversion (Resisted) 10 repetitions, 3 times a day

While lying flat on the table with knee straight, slowly bend the ankle inward towards your opposite ankle. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position.



Eversion (Resisted) 10 repetitions, 3 times a day

While lying flat on the table with knee straight, slowly bend the ankle outward away from your opposite ankle. Do not allow knee or hip to move. Hold for 3 seconds. Return to original position.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.