ANKLE/FOOT HOME EXERCISE PROGRAM

ANKLE/FOOT - Resisted Plantar Flexion

With tubing around foot, press foot down. Repeat 30 times. Do 2 sessions per day.

ANKLE/FOOT - Resisted Dorsiflexion

With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax. Repeat 30 times. Do 2 sessions per day.

ANKLE/FOOT - Resisted Eversion

With tubing anchored around uninvolved foot, slowly turn involved foot outward. Repeat 30 times. Do 2 sessions per day.

ANKLE/FOOT - Resisted Inversion

Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward. Repeat 30 times. Do 2 sessions per day.

* Perform one session of these exercises in the A.M. / one in the P.M.

* Ice the injured body part for 15-20 minutes after these exercises.

* Exercises should be somewhat challenging. If too easy/ increase tension on tubing. If too difficult/ decrease tension.

If any of these exercises cause pain/ stop performing them and contact our office. Rubber tubing may be purchased inexpensively at most physical therapy clinics.