

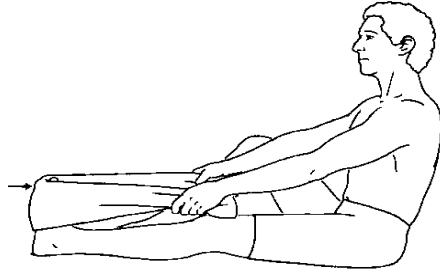


# ANKLE REHABILITATION PROGRAM



## Calf Stretching

1. Sit with knee straight and towel looped around right involved foot.
2. Gently pull on towel until stretch is felt in calf.
3. Hold for 30 seconds.
4. Repeat 3 times.



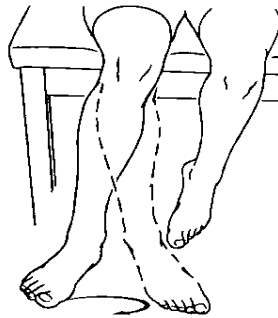
## Toe Curls

1. Sit in chair with involved foot on ground and foot resting on towel.
2. Slowly gather towel under foot by curling toes.
3. Repeat 30 times.



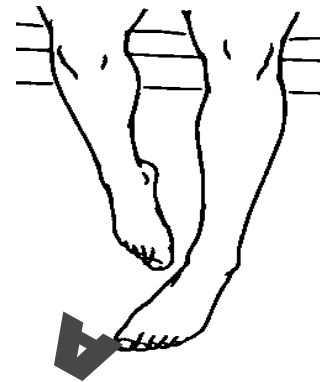
## Range of Motion—Ankle Circles

1. Sit in table with foot relaxed.
2. Slowly rotate involved foot in clockwise direction.
3. Repeat 30 times.
4. Repeat with counterclockwise direction.
5. Avoid pain.



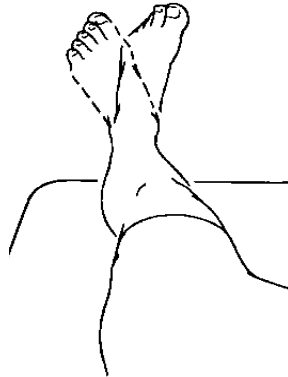
## Range of Motion—Ankle Alphabet

1. Sit on table with foot relaxed.
2. Using involved ankle and foot only, trace the letters of the alphabet.
3. Perform A to Z.
4. Move through full range of motion.
5. Repeat 30 times.
6. Avoid pain.



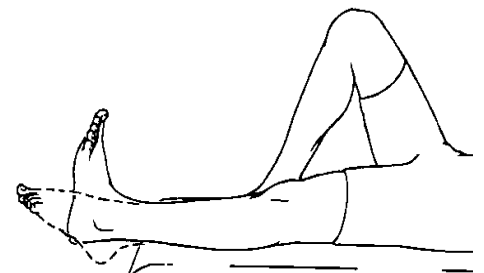
## Range of Motion—Inversion / Eversion

1. Sit on table with foot relaxed.
2. Gently turn involved ankle and foot in and out.
3. Move through full range of motion.
4. Repeat 30 times.
5. Avoid pain.



## Range of Motion—Plantarflexion / Dorsiflexion

1. Sit in table with foot relaxed.
2. Gently flex and extend involved ankle.
3. Move through full range of motion.
4. Repeat 30 times.
5. Avoid pain.



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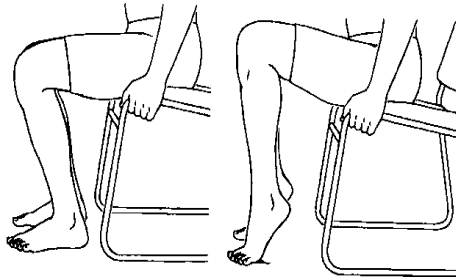


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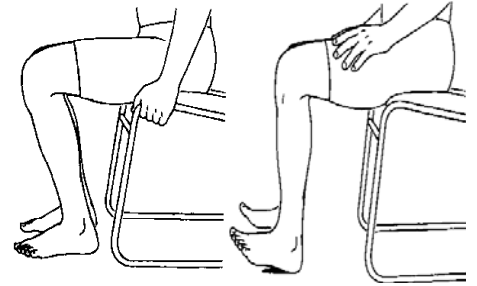
## Heel Raises (Sitting)

1. Sit in a chair.
2. Raise heels, keeping toes on floor.
3. Repeat 30 times.



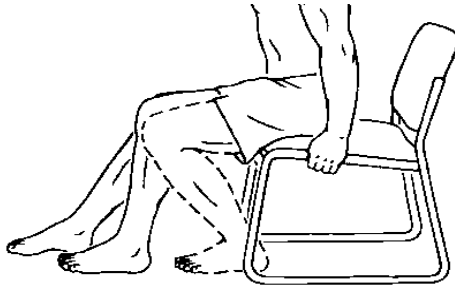
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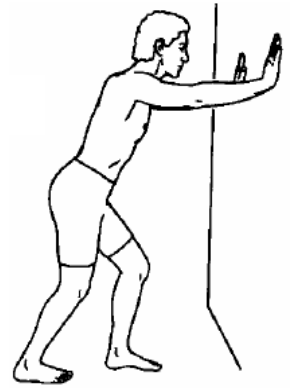
## Dorsiflexion: Self-Mobilization (Sitting)

1. Sit in a chair, with feet flat on ground.
2. Slide involved foot back until a gentle stretch is felt.
3. Keep entire foot on floor
4. Hold 10 seconds
5. Move involved foot to starting position.
6. Relax.
7. Repeat 30 times.



## Standing Soleus Stretch

1. Stand on the involved foot back, both knees bent.
2. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf.
3. Hold 30 seconds.
4. Repeat 3 times.



## Standing Gastroc Stretch

1. Stand on the involved foot back, leg straight, forward leg bent.
2. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.
3. Hold 30 seconds.
4. Repeat 3 times.



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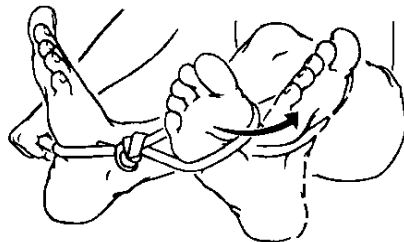


# ANKLE REHABILITATION PROGRAM



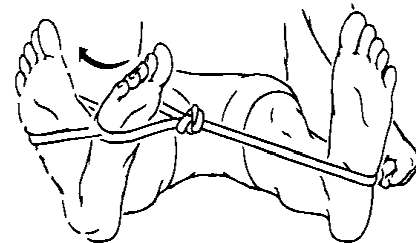
## T-Band Ankle Series—Inversion

1. Sit on table with foot relaxed.
2. Cross legs with involved leg underneath.
3. Place loop of band around involved foot.
4. Hold band around uninvolved foot to resist and turn involved foot in.
5. Move through full range of motion.
6. Repeat 30 times.
7. Avoid pain.



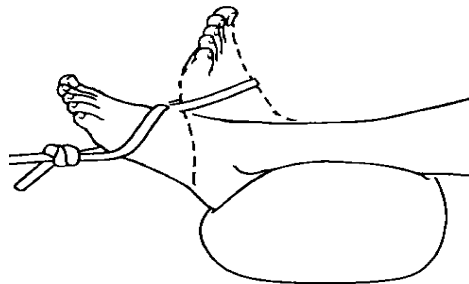
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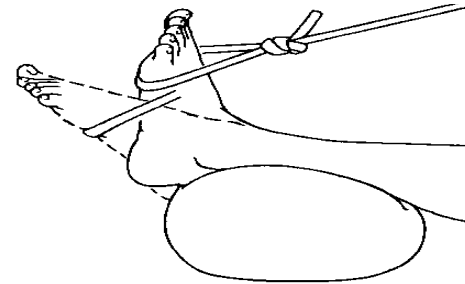
## T-Band Ankle Series—Dorsiflexion

1. Sit on table with foot relaxed.
2. Place tubing around involved foot and pull foot toward you.
3. Move through full range of motion.
4. Repeat 30 times.
5. Avoid pain.



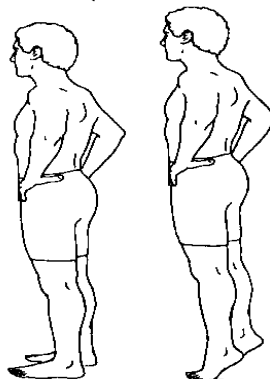
## T-Band Ankle Series—Plantarflexion

1. Sit on table with foot relaxed.
2. Place tubing around involved foot and push foot down.
3. Move through full range of motion.
4. Repeat 30 times.
5. Avoid pain.



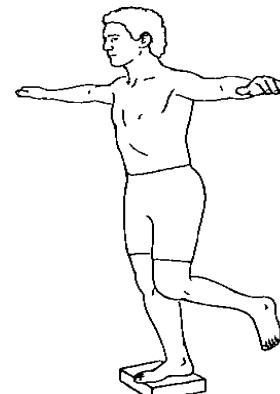
## Standing Heel Raises

1. Stand on the ground on both feet.
2. Rise onto balls of feet.
3. Slowly lower to ground.
4. Repeat 30 times.



## Single-Leg Balance

1. Stand on the ground on involved foot with uninvolved leg bent.
2. Hold for 30 seconds.
3. Repeat 3 times.



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