

IMG Physical Therapy

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Ankle Injury Home Exercise Sheet

Rehabilitation of the lower extremity may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. You may also experience some swelling and popping noises. Your strength, range of motion, and use of the ankle can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, as long as the exercises do not increase the pain or swelling.
- * When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

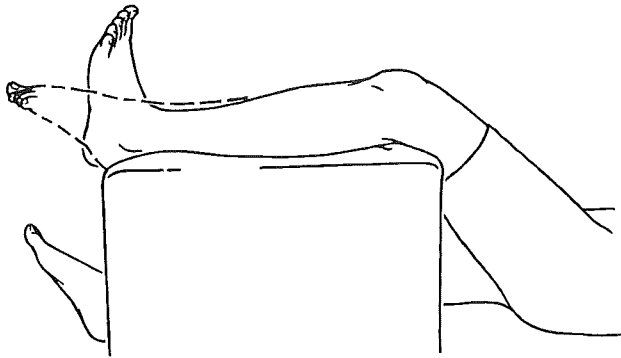
These exercises are to be done 1 time per day or 3 to 5 days per week.

Perform 2 sets of 15 repetitions for strengthening exercises

Stretch for 3-10 repetitions holding 10-30 seconds each time.

Ice for 15 minutes after exercising and at the end of the day.

ANKLE / FOOT - 17 Ankle Pump

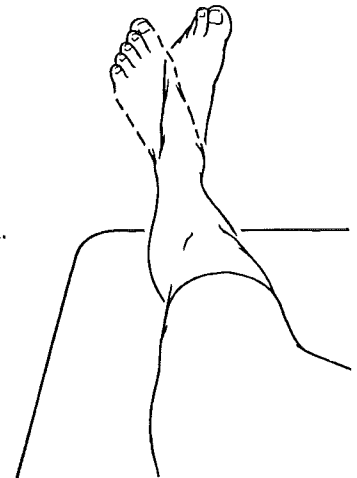


With injured leg elevated, gently flex and extend ankle. Move through full range of motion. Avoid pain.
Repeat 15 times per set. Do 1-2 sets per session.
Do 1-2 sessions per day.

ANKLE / FOOT - 19 ROM: Inversion / Eversion

With injured leg relaxed, gently turn ankle and foot in and out. Move through full range of motion. Avoid pain.

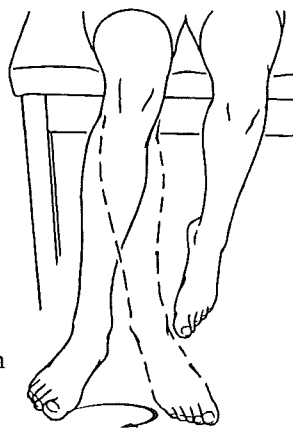
Repeat 15-30 times per set.
Do 1-2 sets per session.
Do 1-2 sessions per day.



ANKLE / FOOT - 16 Ankle Circles

Slowly rotate injured foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.

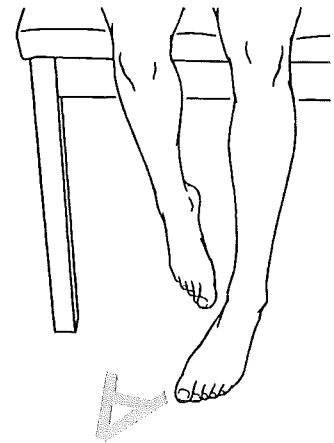
Circle 15 times each direction per set.
Do 2 sets per session.
Do 1-2 sessions per day.



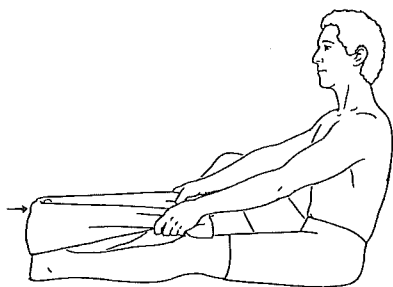
ANKLE / FOOT - 9 Ankle Alphabet

Using injured ankle and foot only, trace the letters of the alphabet. Perform A to Z.

Repeat 2-3 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.



HIP / KNEE - 63 Stretching: Calf - Towel



Sit with knee straight and towel looped around injured foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds. If instructed also pull with just your inside arm / outside arm / Do all 3.

Repeat 3-10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

ANKLE / FOOT - 10 Toe Curl: Unilateral

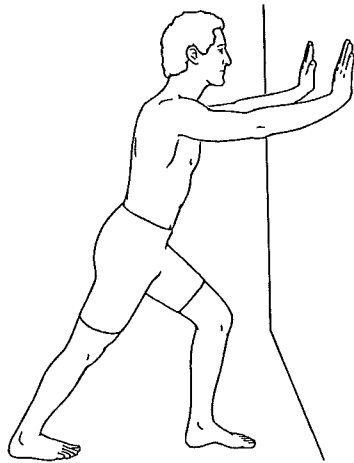
With injured foot resting on towel, slowly bunch up towel by curling toes.

For 3-5 minutes.



HIP / KNEE - 41 Stretching: Gastroc

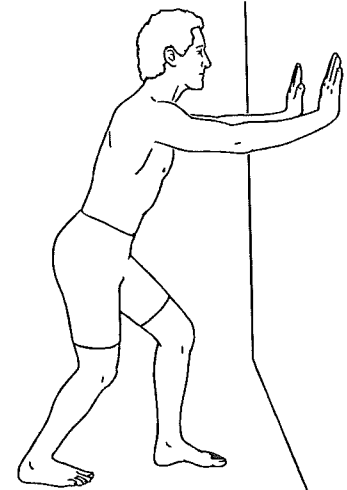
Stand with injured foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

HIP / KNEE - 42 Stretching: Soleus

Stand with injured foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 30 seconds.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

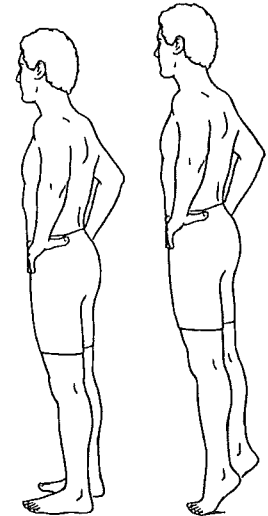
Lift toes off the ground by gently rocking back on heels. DO NOT allow your butt to move.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

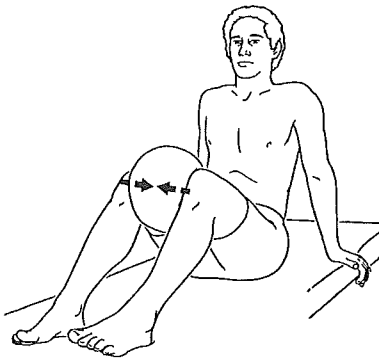
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

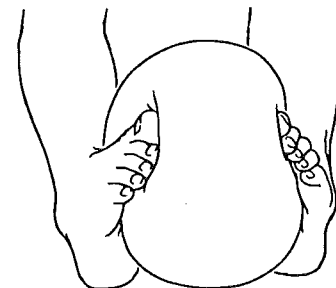
HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric



With ball or folded pillow between knees, squeeze knees together. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

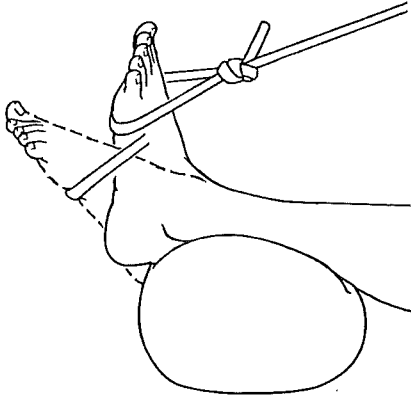
ANKLE / FOOT - 4 Inversion: Isometric



Press inner borders of feet into ball or rolled pillow between feet. Hold 10 seconds. Relax.

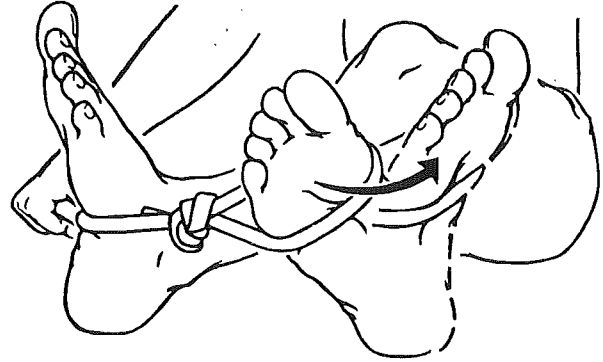
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 6 Plantar Flexion: Resisted



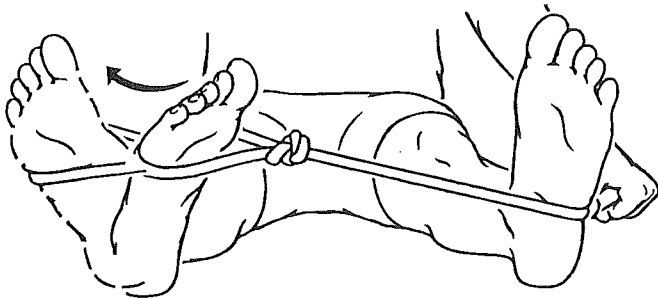
Anchor behind, tubing around injured foot, press down.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted



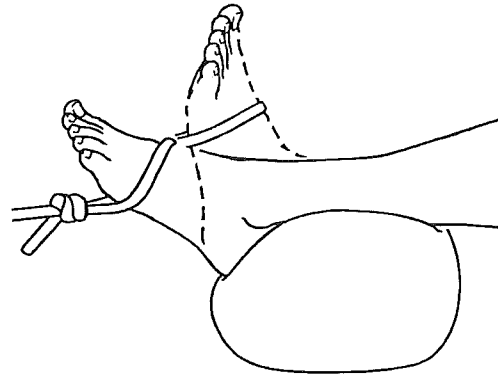
Cross legs with injured leg underneath, foot in tubing loop.
Hold tubing around other foot to resist and turn foot in.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 8 Eversion: Resisted



With injured foot in tubing loop, hold tubing around other foot to resist and turn foot out.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

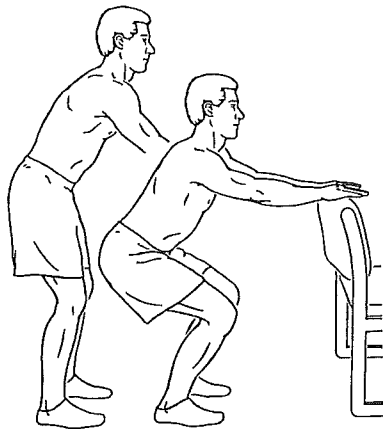
ANKLE / FOOT - 5 Dorsiflexion: Resisted



Facing anchor, tubing around injured foot, pull toward face.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

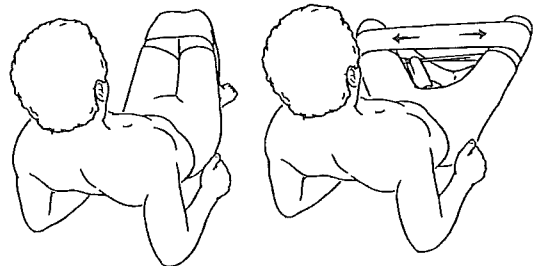
HIP / KNEE - 78 Functional Quadriceps: Chair Squat

Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary. Do not allow knees to go in front of toes.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted



With band looped around both legs above knees, push thighs apart.

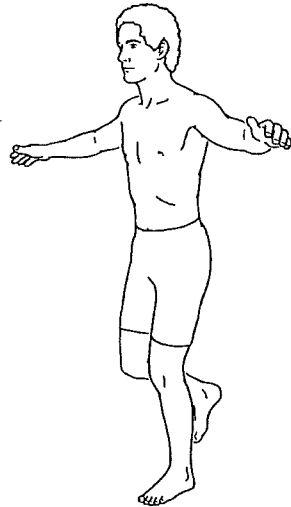
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on injured leg, eyes open. Hold 10-60 seconds.

Repeat 3-10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

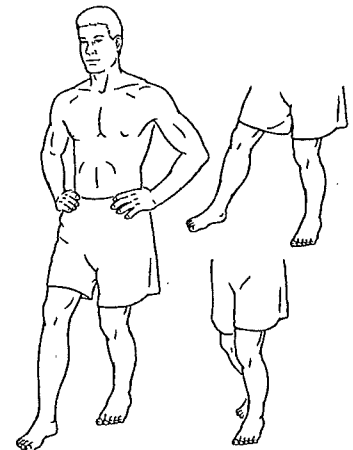
 Perform exercise with eyes closed.



ANKLE / FOOT - 44 Balance: Three-Way Leg Swing

Stand on injured foot, hands on hips. Reach other foot forward 10 times, sideways 10 times, back 10 times. Hold each position 5 seconds. Relax.

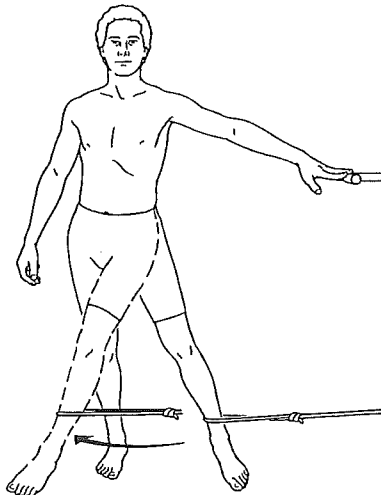
Repeat 3-5 times per set.
Do 1 sets per session.
Do 1 sessions per day.



HIP / KNEE - 26 Strengthening: Hip Adduction – Resisted

With tubing around injured leg, bring leg across body.

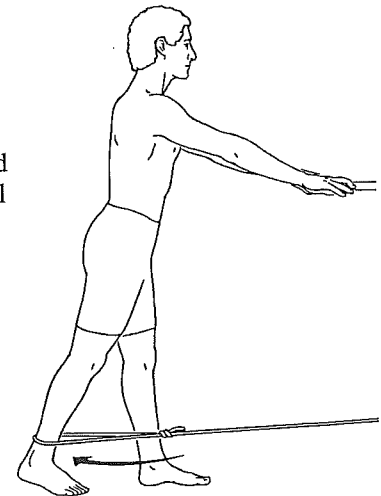
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around injured ankle, face anchor and pull leg straight back.

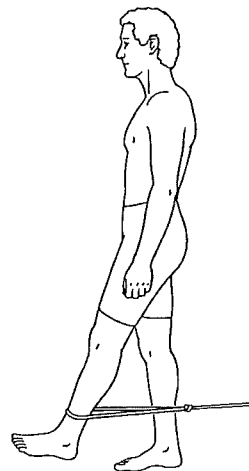
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

With tubing around injured ankle, anchor behind, bring leg forward, keep knee straight.

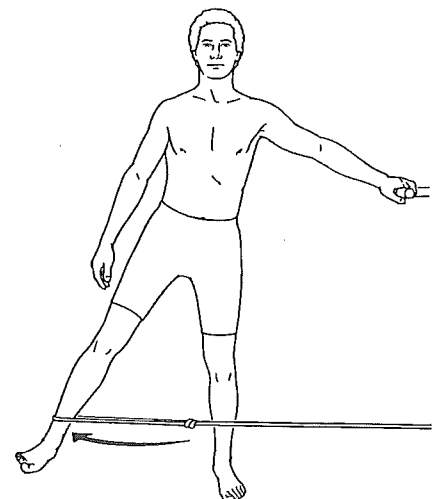
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

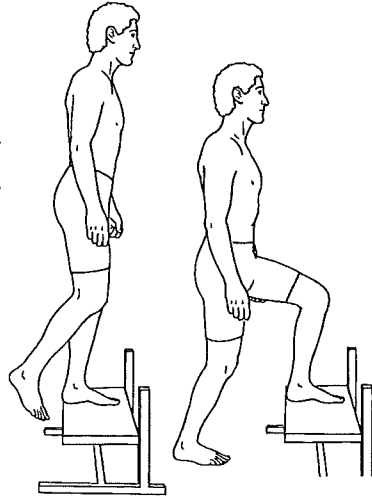
With tubing around injured leg, other side toward anchor, extend leg out from side.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.



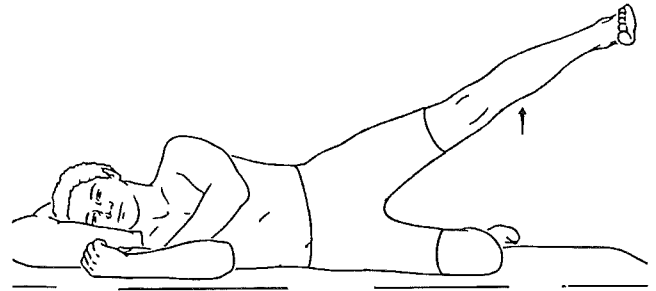
HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step or _____ inch stool. Slowly bend injured leg, lowering other foot to floor. Return by straightening front leg.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 21 Rose Wall Slides



Tighten muscles on front of injured thigh, then lift leg 12 inches from surface, keeping knee locked. Keep back and whole body flat against the wall.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.