

ACUTE ANKLE PROTOCOL

For instructional videos of this protocol, visit sportsrehab.ucsf.edu



Ankle Pumps

Begin in a long seated position. Start by pointing your foot and toes down, away from your body. Then, pull your foot and toes up towards your body.

Frequency: 2 - 3 x 10 repetitions



Seated Calf Raises

Start by sitting in a chair with your feet on the floor. Lift both heels off the ground at the same time, then lower them down to the floor. Focus on slow and controlled movements.

Frequency: 2 - 3 x 10 repetitions



Foot Doming

Start in a seated or standing position, with your feet on the floor. Without curling your toes, push your toes into the ground to activate your arch. You will notice that your arch will create a curve. Hold for 3 seconds.

Frequency: 2 - 3 x 10 repetitions



Toe Swaps

Begin sitting upright in a chair with your feet resting flat on the floor. Lift your big toe straight up, keeping your other toes flat on the ground. Then, lift your lesser toes up, keeping your big toe flat on the ground.

Frequency: 2 - 3 x 10 repetitions

UCSF Orthopaedic Institute

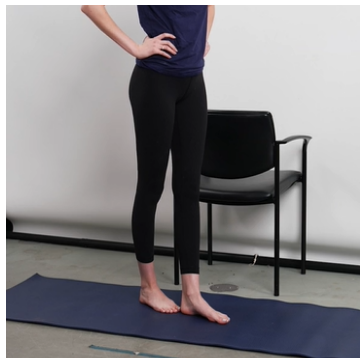
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Tandem Balance

Begin in a standing upright position. For extra support, hold on to a stable object. Place one foot directly in front of the other so you are standing heel-to-toe. Hold this position. Switch feet and repeat.

Frequency: 2 - 3 x 20 seconds



Gait Training

Start by walking forward. With each step, focus on placing your heel on the ground first, then rocking over your foot to push off with your toes.

Frequency: 2 - 3 x 10 repetitions

