Ankle Strengthening PROTOCOLS

BACKGROUND

STRETCHING EXERCISES:

**Purpose**
- Improve muscular strength
- Regain balance and proprioception
- Increase functional abilities
- Rehab exercises should be performed for 6-8 weeks.

**Related activities:**
- As symptoms improve, slowly return to physical activities such as bicycle, stair climber and elliptical
- Skipping rope is a good activity to try prior to returning to jogging.

Calf Stretch

**Stretch 1:** Stand with the ball of the foot against the wall. Slowly move body towards the wall until stretch is felt.

**Stretch 2:** Stand facing a wall and step back with one leg. Push heel towards the ground.

**Frequency:** 3 sets x 1 min. 2-3 times a day.

**Goal:** Increase range of motion

Ankle Dorsiflexion

Begin by attaching the theraband to a stable object. Sitting on the ground with the theraband around your foot.

Slowly pull your toes up towards you.

**Frequency:** 3 sets x 15 reps. 1-2 times a day.

**Goal:** Increase ankle strength

Ankle Eversion

Sit in a chair with the theraband attached to a stable object. Keeping the knee and thigh still, rotate foot out away from the body.

**Frequency:** 3 sets x 15 reps. 1-2 times a day.

**Goal:** Increase ankle strength

Ankle Inversion

Sit in a chair with the theraband attached to a stable object. Keeping the knee and thigh still, rotate foot in towards the body.

**Frequency:** 3 sets x 15 reps. 1-2 times a day.

**Goal:** Increase ankle strength
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**Calf raises**
Stand with the balls of your feet on a step
Slowly rise up onto your toes and hold for 3 sec.
Slowly lower down and repeat
Try to maintain your balance and work towards performing single leg calf raises

**Frequency:** 3 sets of 15 reps. 1-2 times per day

**Goal:** Increase ankle strength and balance

**Single leg balancing**
Stand on a flat surface on one leg
Balance for 30-60 secs. And repeat
Progress to standing on a pillow/couch cushion or perform with eyes closed.

**Frequency:** 2-3 sets of 30-60sec. 1-2 times per day

**Goal:** Improve balance

**Single leg squats**
Stand on a flat surface or cushion
Slowly perform a half squat to 45 degrees and hold 3 sec.
Return to starting position.

**Frequency:** 2-3 sets of 15 reps. 1-2 times per day

**Goal:** Improve balance and ankle strength

**Single leg half circle taps**
Place 6 dots in a half circle 30 inches from the center
Standing on one leg, slowly touch each dot with the other foot
Can be performed on a cushion/pillow to increase difficulty

**Frequency:** 3 sets of 30-60 sec. 1-2 times per day

**Goal:** Increase forearm strength

**Single leg floor touches “Oil Derrick”**
Stand on one leg with knee slightly bent
Keeping torso straight, slowly reach towards the ground
Bend the knee while reaching forward.
Slowly return to starting position

**Frequency:** 3 sets x 15 reps. 1-2 times a day.

**Goal:** Improve balance