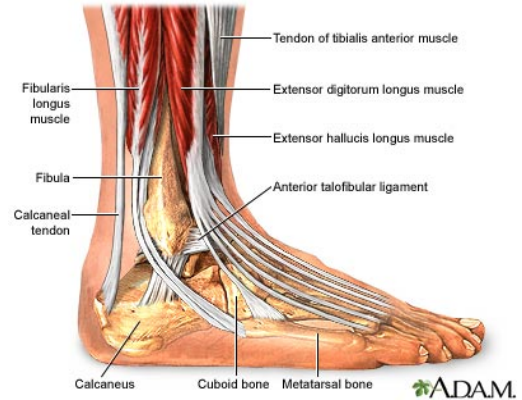




Ankle Strengthening *PROTOCOLS*

BACKGROUND

- **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.



STRETCHING EXERCISES:



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 STRENGTH EXERCISES:



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

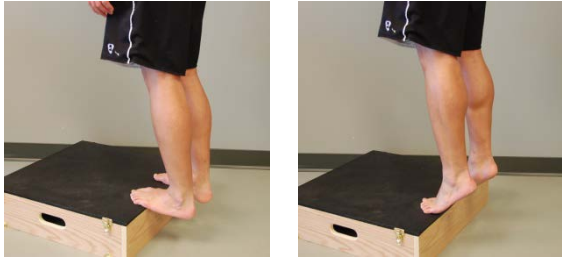
Sit in a chair with the theraband attached to a stable object. Keeping the knee and thigh still, rotate foot in towards the body.

Frequency: 3 sets x 15 reps. 1-2 times a day.
Goal: *Increase ankle strength*



Ankle Strengthening *PROTOCOLS*

ANKLE STRENGTH



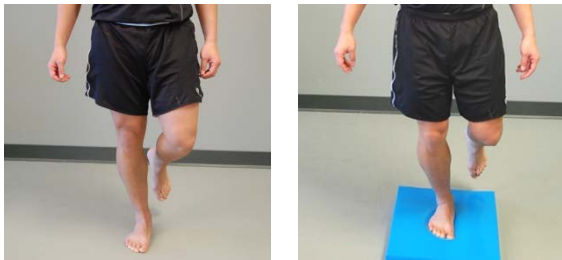
Calf raises

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*

BALANCE AND PROPRIOCEPTION EXERCISES:

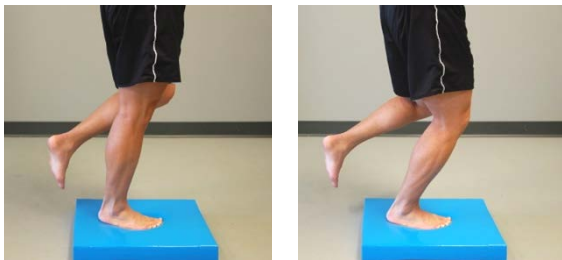


Single leg balancing

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*

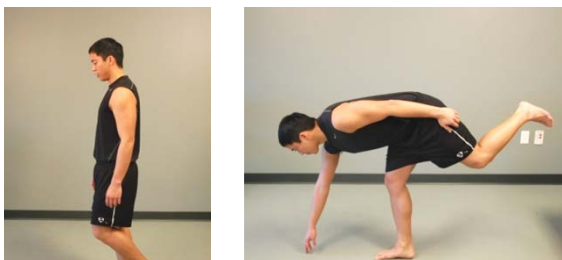


Single leg half circle taps

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*