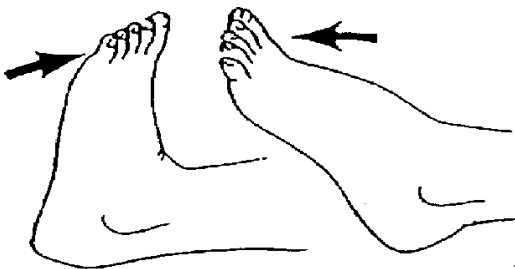
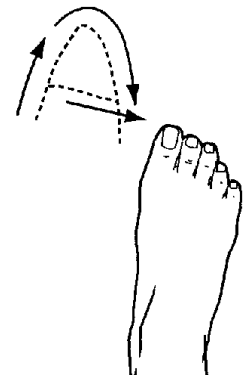


ACTIVE ANKLE & FOOT RANGE OF MOTION EXERCISES

Do each exercise _____ times a day.
Repeat each exercise _____ times.

□ ANKLE ALPHABET

- Moving only your ankle and foot, “write” each letter of the alphabet from A to Z.
- Keep your leg straight.
- Do not bend your knee or hip.
- The letters will start out small and get larger as your ankle motion improves.

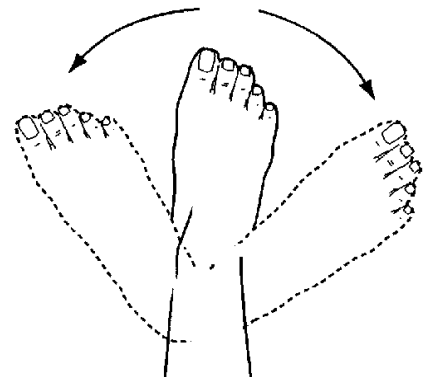


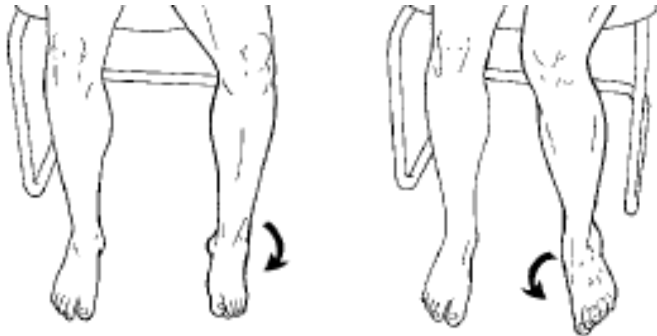
□ ANKLE PUMPS

- Move your foot up and down as if pushing down or letting up on a gas pedal in a car.

□ ANKLE INVERSION / EVERSION

- Move your foot side to side as if mimicking a windshield wiper.
- Be sure not to move knee while performing exercise



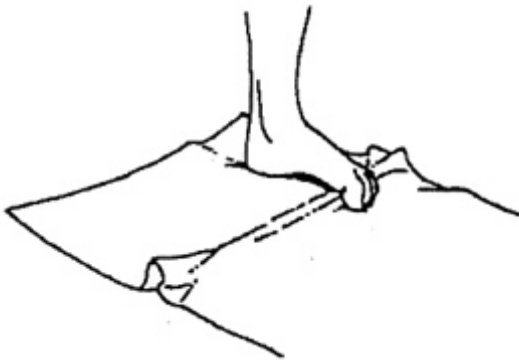


□ **ANKLE CIRCLES**

- Make circles with your foot.
- Go clockwise then repeat counter clockwise.

□ **TOE CURLS**

- Moving only your toes, curl and uncurl each digit as far as possible within your pain free range.
- **Option:** Pick-up marbles with toes 1 at a time for 5 minutes.

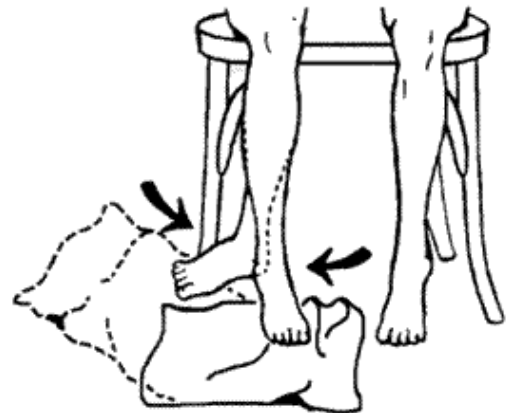


□ **TOE CURLS WITH TOWEL**

- Bunch up a towel curling your toes

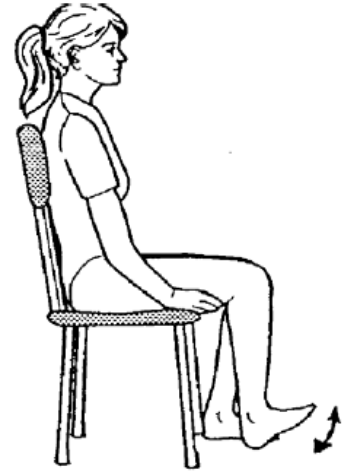
□ **TOWEL SLIDES**

- Moving only your ankle and keeping your heel planted, slide the towel to the inside, then outside.



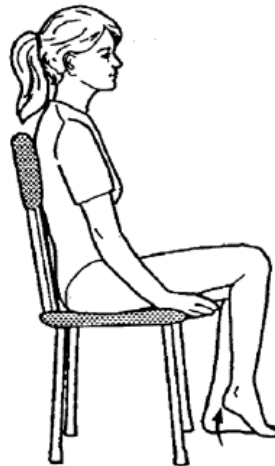
SEATED ANKLE DORSIFLEXION

- Leave your heel on the floor and tap your toes up and down.



SEATED ANKLE PLANTARFLEXION

- Leave your toes on the floor and lift your heel up and down



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- If your doctor put you in a boot, remove the boot to do the exercises. You also may remove the boot to sleep or bathe **unless otherwise advised by your PT or MD.**
 - Continue current weight bearing unless otherwise advised by your PT or MD.**
 - When advised, you may begin to put your body weight on your ankle as you are able. If you have been using a gait aide such as a cane, crutches, or walker, you will first need to stop using the aide when you walk and just wear your boot.
 - As your ankle gets stronger, start to walk without the boot in your home. Wear the boot only when you feel you need the added support to make walking comfortable for you. You will then be able to wear the boot less and less when walking at home or outside. You may need the boot for some extra support when walking long distances or on uneven or rocky ground during this time.