

## Exercises – to gain movement (first 1-2 weeks)

**Start by soaking your ankle in warm water for 15 minutes to loosen up the muscles**

### **Towel calf stretch**

Sit with knee straight and towel looped around the foot. Gently pull on towel until a comfortable stretch is felt in the calf.

Hold for 15-30 seconds

Do 3 sets per session.

Do 2-3 sessions per day.



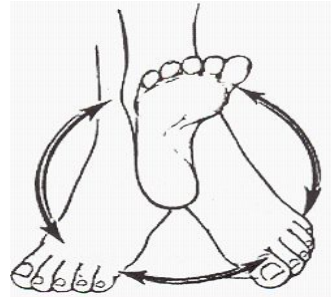
### **Ankle circles**

Slowly rotate foot/ankle clockwise and counterclockwise. Gradually increase circle size. Avoid pain.

Repeat 10 circles per set.

Do 30 times in total per session.

Repeat 2-3 sessions per day.



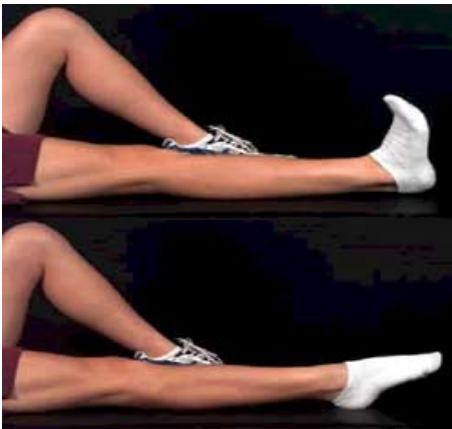
### **Foot up/Foot down**

Relax leg. Gently bend and straighten ankle. Move up and down as far as you can. Avoid pain.

Repeat 10 repetitions per set

Do 30 times in total per session.

Repeat 2-3 sessions per day



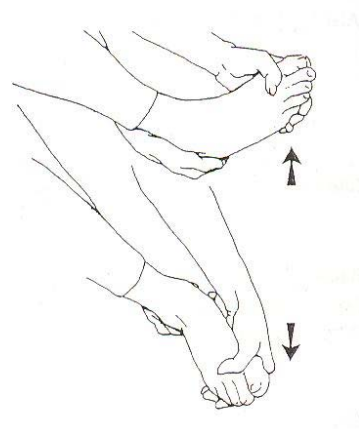
### **Foot towards outside/inside**

Gently grasp foot and bend ankle/foot inward and outward.

Hold 15-30 seconds.

Repeat 3 times

Do 2-3 sessions per day.



## Exercises – to gain strength (start 2<sup>nd</sup> week)

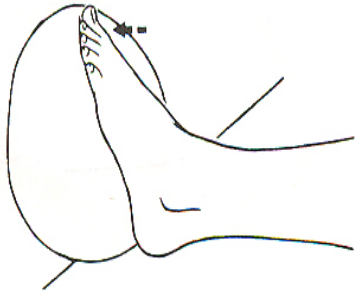
### **Pushing foot down**

Press foot into ball, cushion, rolled towel or rolled pillow against wall.

Hold for 5 seconds

Repeat 8-10 times.

Do 2-3 sessions per day.



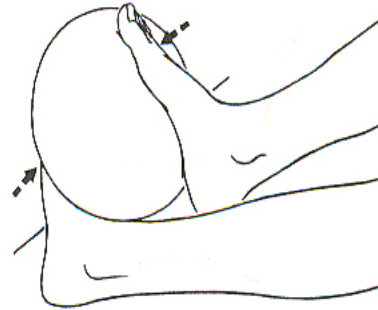
### **Pushing foot up**

With ball, cushion, rolled towel or rolled pillow between feet, squeeze feet together. Injured foot is underneath.

Hold for 5 seconds

Repeat 8-10 times

Do 2-3 sessions per day.



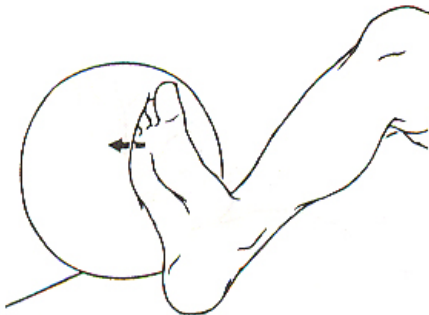
### **Pushing foot outwards**

Press outer side of foot into ball, cushion, rolled towel or rolled pillow against wall.

Hold for 5 seconds

Repeat 8-10 times.

Do 2-3 sessions per day.



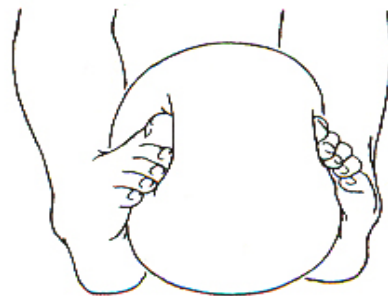
### **Pushing foot inwards**

Press inner side of feet into ball, cushion, rolled towel or rolled pillow between feet.

Hold for 5 seconds

Repeat 8-10 times

Do 2-3 sessions per day.



## Exercises – to gain stability (start 4<sup>th</sup> week)

### **Standing with even weight on feet**

Stand in front of chair, kitchen table or kitchen counter and try to place even weight on both feet. Once you are able to, repeat with eyes closed.

Maintain position for at least 10 seconds.

Repeat 3 times per session.

Do 2-3 sessions per day.

### **Single leg stance**

Stand in front of chair, kitchen table or kitchen counter and try to stand on only one foot. Once you are able to this in a secure manner, repeat with eyes closed.

Maintain position for at least 10 seconds.

Repeat 3 times per session.

Do 2-3 sessions per day.



### **Standing on pillow with even weight on feet**

Stand on a pillow in front of chair, kitchen table or kitchen counter and try to place even weight on both feet. Once you are able to, repeat with eyes closed.

Maintain position for at least 10 seconds.

Repeat 3 times per session.

Do 2-3 sessions per day.

### **Single leg stance on a pillow**

Stand on a pillow in front of chair, kitchen table or kitchen counter and try to stand on only one foot. Once you are able to this in a secure manner, repeat with eyes closed.

Maintain position for at least 10 seconds.

Repeat 3 times per session.

Do 2-3 sessions per day.

