ANKLE PROGRAM

PEP PADS
PROGRESSIVE EXERCISE PRESCRIPTION PADS

INDICATIONS:
The following exercises are to be used to complement your therapy treatment.
Exercise is effective for:
1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

Do each exercise rhythmically.

PRECAUTIONS:
Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

EXERCISE FREQUENCY:

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REPETITIONS OF EACH:

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NOTES:

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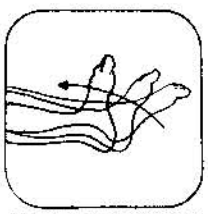
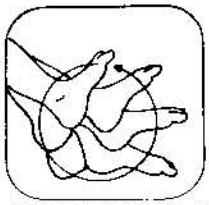
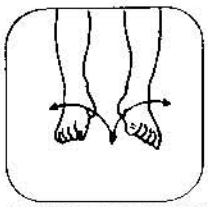


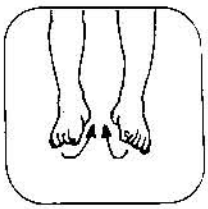
☐**1. ANKLE EXTENSION:** Sit up or lay on your back. Point your feet and toes down as far as possible. Now, bring your toes and feet back and upward. Repeat.



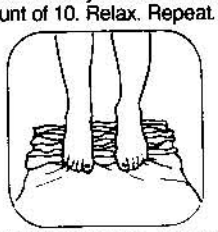
☐**2. ANKLE ROTATION:** Move your feet around in circles. Clockwise, then counter-clockwise. Repeat.



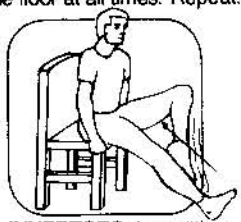
☐**3. INVERSION/EVERSION:** Sit with your feet flat on the floor. Turn the soles of your feet inward so they face each other. Now turn them outward. Repeat.



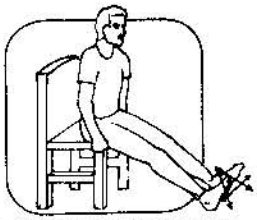
☐**4. ARCH EXCERCISE:** Sit or stand with your feet slightly "pigeon-toed". Keeping the big toes intact with the ground, slide them towards your heels. Hold for a count of 10. Relax. Repeat.



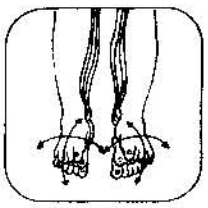
☐**5. TOWEL CURL.** Sit with your feet flat on the end of a towel placed on a smooth floor. Use your toes to curl the towel up under your foot. Keep your heel on the floor at all times. Repeat.



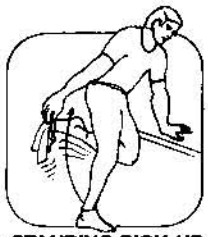
☐**6. INVERTORS:** In a sitting position hold one leg straight. Slowly bring the opposite foot up the shin on the straight leg as far as possible, using the big toe as a pointer. Repeat.



☐**7. ALPHABET:** Sitting comfortably with your legs stretched out in front of you, draw the alphabet with your affected foot/ankle.

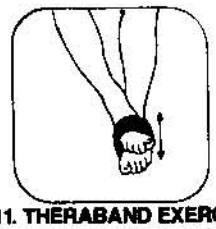


☐**8. ROLLING TOE RAISE:** Stand on the outer edge of your feet. Now go up onto the toes and down onto the inner edge of the feet, then up onto the heels, then back to the outer edge of the feet. Try to make it a rhythmic movement. Repeat.



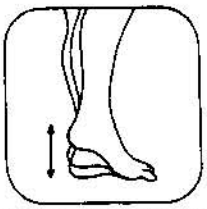
☐**9. STANDING PICK-UP:** Pick-up marbles or a washcloth with your toes and alternately place the object in the hand on the side of the good leg, and then in hand on the side of the injured leg. Repeat.

☐**10. THERABAND EXERCISE I:** Sit with your feet close together and the theraband around the "balls" of your feet. Now bring one foot up and away from the other foot against the resistance of the theraband. Lower slowly. Repeat with the other foot.

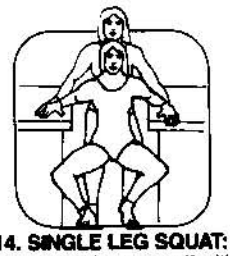


☐**11. THERABAND EXERCISE II:** Sit with your feet crossed and the theraband around the "balls" of your feet. Bring the top foot up and away from the lower foot. Lower slowly. Repeat.

☐**12. CALF STRETCH:** Stand 2 to 3 feet from a wall and lean forward onto your hands as shown. Keep back foot flat. Push forward until you feel the stretch. Hold. Repeat.



☐**13. HEEL RAISES:** Stand with feet several inches apart, flat on the floor. With hands on the back of a chair or any solid surface, raise up onto the balls of your feet. Hold, return to starting position. Repeat.



☐**14. SINGLE LEG SQUAT:** Stand supporting yourself with your hands. Bend good leg up so just your toes are touching the floor for balance. Lower yourself on the supporting leg keeping the foot flat. Straighten knee back up. Repeat.

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