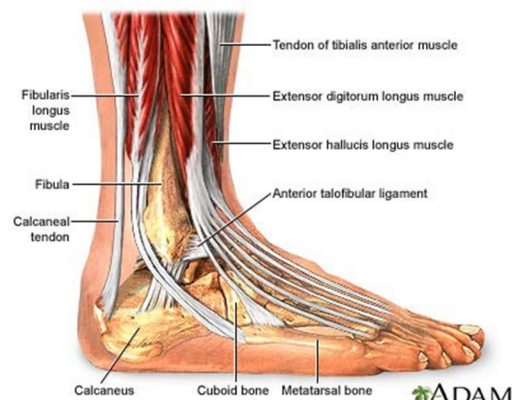




## Ankle Strengthening **PROTOCOLS**

### 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



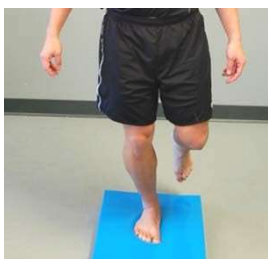
### **Calf raises**

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

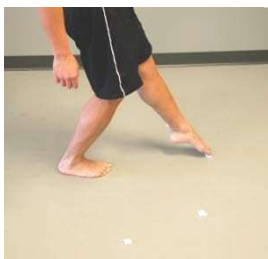


### **Single leg squats**

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