

## Range of Motion Exercises

Help you regain normal ankle motion.

**Technique:** Sit with your knee straight and hold the foot position as long as possible. Do as frequently as possible for the first 3-10 days.



### Pullback

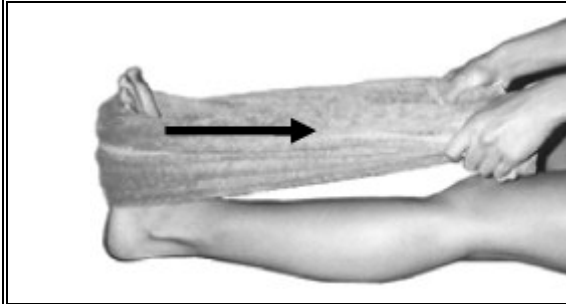
- Flex your foot back toward your body.

## Flexibility (Stretching) Exercises

Loosen tight leg muscles. Tightness makes it hard to use stairs, walk, run and jump.

**Instructions** Hold each exercise 20seconds at a gentle stretch. Do not bounce!

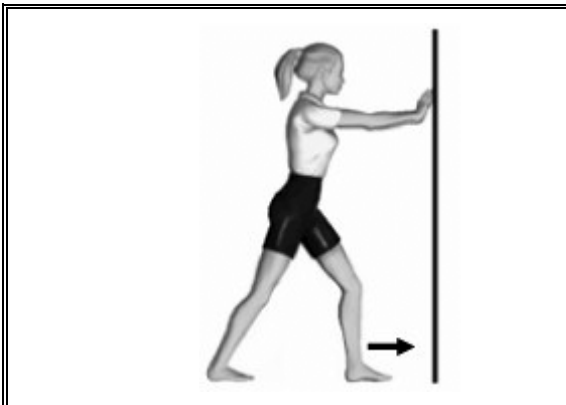
**Frequency:** 6-10 repetitions/exercise, 5-7 days per week



### Calf Stretch

**Basic:** Sit with your knee straight and towel looped around the ball of your foot.

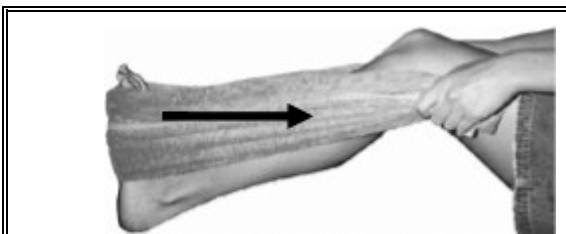
- Slowly pull back until you feel your upper calf stretch.



### Calf Stretch

**Advanced:** Once you can stand, try stretching with your hands on a wall.

- Place the injured foot behind the other with your toes pointing forward.
- Keep your heels down and back leg straight.
- Slowly bend your front knee until you feel the calf stretch in the back leg.



### Heel Stretch

**Basic:** Sit with your knee slightly bent. Loop a towel around the ball of your foot.

- Slowly pull back until you feel a stretch in the lower calf and heel.



### Heel Stretch

**Advanced:** Once you can stand, try placing your injured foot behind the other with your toes pointing forward.

- Keeping your heels down, slowly bend your back knee until you feel a heel stretch in the back leg.

## Strengthening Exercises

Strong leg muscles help the ligaments hold the ankle together.

### Frequency:

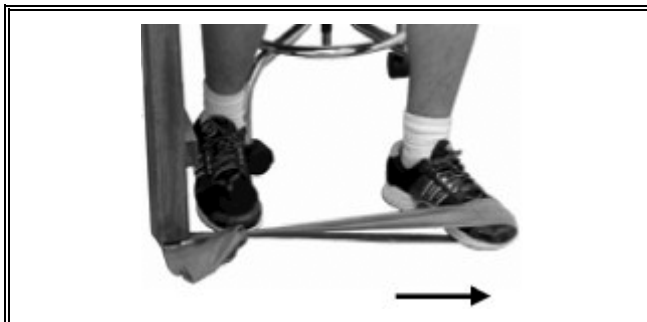
Three sets of 20 repetitions, 5-7 days per week



### Front of Shin

#### Basic - Push Out

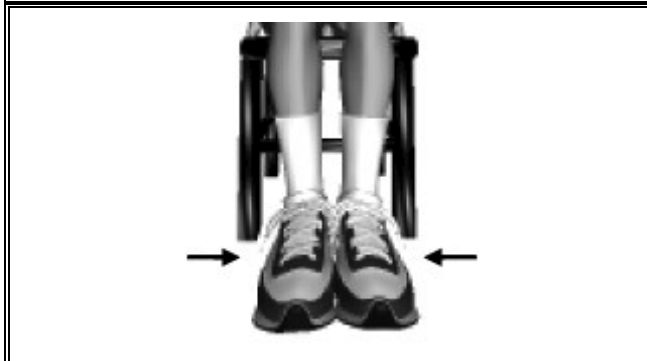
- With your foot flat on the floor, push it outward against a wall, file cabinet or bookcase. Hold for three seconds.



### Front of Shin

#### Advanced - Band

- Tie the band to a desk or dresser.
- Sit with your foot and knee in line and loop the band over the outside of your foot.
- Push your foot out against the band.



### Inner Shin

#### Basic - Push In


- With your foot flat on the floor, push it inward against your other foot. Hold for three seconds.

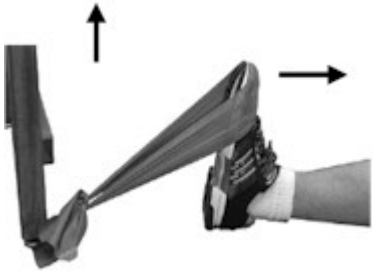


### Inner Shin

#### Advanced - Band

- Tie the band to a desk or dresser.
- Sit with your foot and knee in line, and loop the band over the inside of your foot.
- Push your foot in against the band.

	<p><b>Front of Shin</b></p> <p><b>Basic - Push Up</b></p> <ul style="list-style-type: none"> <li>• Place the heel of your other foot on top of the injured one.</li> <li>• Push down with the top heel while trying to push up with the injured foot. Hold for three seconds.</li> </ul>
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	<p><b>Front of Shin</b></p> <p><b>Advanced - Band</b></p> <ul style="list-style-type: none"> <li>• Tie the band to a desk or dresser.</li> <li>• Sit with your leg straight and loop the band over the top of your foot.</li> <li>• Slowly pull your foot back against the band.</li> </ul>
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**Stand.** Push up on your toes. Repeat 5-10 times.

### Ongoing Symptoms?

If you have persisting pain, swelling or instability of your ankle in spite of the advice above, you should seek advice from a doctor. You may need further investigations such as an xray, ultrasound or MRI scan. You may need other approaches to treatment.