

Ankle & Foot Home Program

1. Soleus Stretch Sitting



- Sit with your back straight and have one leg flexed.
- Place a towel around the forefoot and pull towel with both arms to feel a stretch in the calf.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

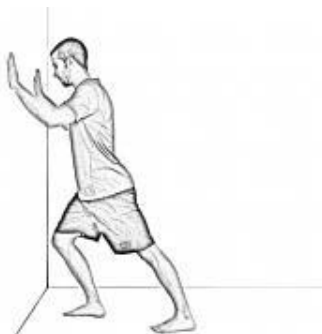
2. Gastroc Stretch Sitting



- Sit down with one leg outstretched and the other bent.
- Place a strap around the ball of your outstretched foot and hold the ends of the strap in your hands.
- Pull up against the strap until you feel a stretch at the back of your leg.
- Maintain the position.
- Repeat the above with your other leg.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

3. Gastroc Stretch Standing



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
- Maintain the stretch and relax.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

4. Soleus Stretch Standing



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.
- Maintain the stretch and relax.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

5. Toe Stretches

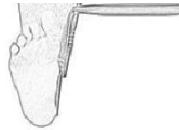
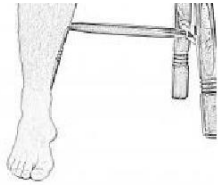


- Sit with one foot crossed over your other leg. Pull your toes up and bend toes down far enough to feel a stretch.

Sets: _____
Weight: _____

Repetition: _____
Frequency: _____

6. Active ROM Alphabet



- Trace the alphabet with your foot. Keep your knee as still as possible to allow the movement to be made at your ankle.

Sets: _____
Weight: _____

Repetition: _____
Frequency: _____

7. Dorsiflexion & Plantarflexion



- Sit on a table or a firm bed with your legs straight and ankles over the edge.
- Perform a dorsiflexion and plantar flexion alternately by bringing your toes toward you and away from you.

Sets: _____
Weight: _____

Repetition: _____
Frequency: _____

8. Eversion

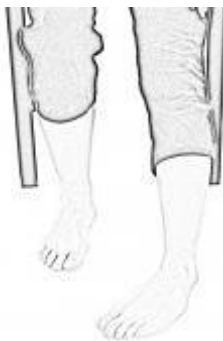


- Sit down with your feet unsupported.
- Without moving your knees, turn the sole of your feet outward. Return your feet to midline and repeat.

Sets: _____
Weight: _____

Repetition: _____
Frequency: _____

9. Inversion

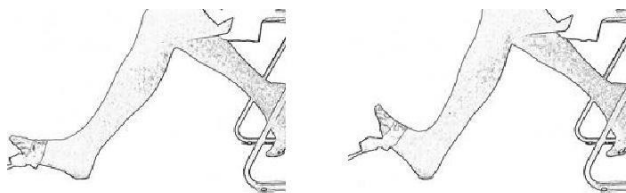


- Sitting in chair.
- Move your foot towards the midline of the body.

Sets: _____
Weight: _____

Repetition: _____
Frequency: _____

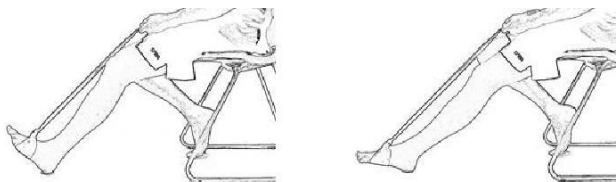
10. Strengthening Dorsiflexion



- Sit up straight in a chair.
- Place an elastic around a table leg and over your forefoot.
- Lift your forefoot up off the floor so as to pull against the elastic.
- Lower your forefoot and repeat.
- NOTE: When you pull against the elastic, keep your heel in contact with the floor at all times. The movement should occur only at your ankle.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

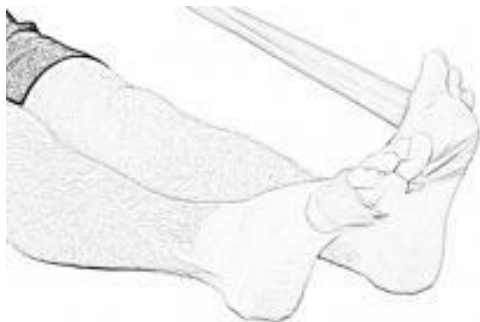
11. Strengthening Plantarflexion



- Sit up straight in a chair.
- Place an elastic around the ball of your foot and hold the ends of the elastic in your hands.
- Push your forefoot down against the elastic.
- Return to initial position and repeat.
- NOTE: Do not push your knee down as if to straighten it. The movement should occur at the ankle only.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

12. Strengthening Eversion



- Wrap a band around the affected foot just below the toes and use the other foot as an lever while you hold the band in your hands.
- Start with the sole of the foot facing inward then bring the foot up and out so the sole is facing outside.
- Repeat.

Sets: _____ Repetition: _____ Weight: _____
Frequency: _____

13. Resisted inversion



- Cross your legs with the affected foot underneath.
- Wrap a band around the affected foot and use the other foot as a lever while you hold the band in your hands.
- Start by having the sole turned toward the inside (toward the lever foot) and push the foot down and turn the sole outward.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

14. Towel Crunch



- Start seated with one foot flat on a towel.
- Try to pick the towel up by curling your toes.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

15. Heel Raises



- Stand up tall beside a chair or wall.
- Use the chair only for balance only and look ahead.
- Raise the heels off the floor to balance on the toes and hold for a few seconds.
- Lower and repeat.
- If you use a chair, make sure you use a stable one as a light one can easily tip over.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

16. Strengthening One Leg Squat



- Stand straight on one leg holding on to a chair or lean against a wall.
- Bend your knee slowly as in a "semi-squat" position keeping your knee cap aligned with second toe.
- Straighten your knee slowly back to its original position and repeat.
- NOTE: Maintain your lower back slightly arched and stability of your knees (avoid any lateral movements).

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

17. Knee Extension



- Sit down on a chair with your back straight.
- Fully extend one leg then go down and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

18. Knee flexion



- Lay prone and flex one knee by bringing the heel toward the buttock,
- Do not arch the lower back while doing the movement.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

