ANKLE REHABILITATION AND STRENGTHENING

PATIENT NAME: ________________________  DATE: ________________________

1. ANKLE EVERSION WITH BAND

Begin seated with feet on floor and resistance band around one forefoot anchoring opposite end to firm structure. Lift forefoot off the floor and move outward in a scooping type motion against resistance band. Be sure to maintain proper knee/ankle alignment. Slowly return to start position. Repeat for recommended sets and reps.

2. ANKLE INVERSION WITH BAND

Begin seated with feet on floor and resistance band around one forefoot anchoring opposite end to firm structure. Lift forefoot off the floor and invert ankle in a scooping motion against resistance band. Slowly return to start position. Be sure to maintain knee/ankle alignment throughout the exercise. Repeat for recommended sets and reps.

3. RESISTANCE BAND PLANTAR FLEXION

Begin seated on floor with one leg extended. Place resistance band around foot of extended leg. Toes should be pointed upward. Point toes downward or away from body against resistance band. Slowly return to start position. Repeat for prescribed repetitions and sets.

4. RESISTANCE BAND DORSIFLEXION

Begin seated on floor with one leg extended. Anchor resistance band in door and place opposite end around foot of extended leg. Toes should be pointed downward. Point toes upward toward ceiling against resistance band. Slowly return to start position. Repeat for prescribed repetitions and sets.

5. GLUTE MARCH

Begin lying on floor with bent knees and feet firmly on floor with arms extended to sides. Lift hips off floor to attain a bridge position with knees, hips and shoulders in alignment. While maintaining a bridge position and core contraction, raise one knee upward, flexing hip until a 90° angle is attained. Pause momentarily then return to start position. Repeat for prescribed repetitions and sets.

6. BALANCE BOARD

Begin lying on floor with bent knees and feet firmly on floor with arms extended to sides. Lift hips off floor to attain a bridge position with knees, hips and shoulders in alignment. While maintaining a bridge position and core contraction, raise one knee upward, flexing hip until a 90° angle is attained. Pause momentarily then return to start position. Repeat for prescribed repetitions and sets.