ANKLE / FOOT - 13 Soleus Stretch

Stand with foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold _30_ seconds.

Repeat _1_ times per set.
Do _3_ sets per session.
Do _2_ sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

Stand with foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold _30_ seconds.

Repeat _1_ times per set.
Do _3_ sets per session.
Do _2_ sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _1_ sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

Rock back on heels.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _1_ sessions per day.

ANKLE / FOOT - 3 Eversion: Isometric

Press outer border of foot into ball or rolled pillow against wall. Hold _2_ seconds. Relax.

Repeat _10_ times per set. Do _3_ sets per session.
Do _1_ sessions per day.

ANKLE / FOOT - 4 Inversion: Isometric

Press inner borders of feet into ball or rolled pillow between feet. Hold _2_ seconds. Relax.

Repeat _10_ times per set. Do _3_ sets per session.
Do _1_ sessions per day.
Routine For: Ankle Exercises
Created By: Andrews Orthopaedic & Sports Med Center

ANKLE / FOOT - 26
Balance: Unilateral – Foam

Eyes open, balance with involved leg on pillow or cushion.
Hold ___10___ seconds.

Repeat ___10___ times per set.
Do ___1___ sets per session.
Do ___1___ sessions per day.

Perform exercise with eyes closed when comfortable with eyes open

HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step.
Slowly bend involved leg, lowering other foot to floor. Return by straightening front leg.

Repeat ___30___ times per set.
Do ___1___ sets per session.
Do ___1___ sessions per day.