

10. Plantar flexion strengthening with theraband

Sit on a chair. Put the theraband around your foot. Point the toes to the ground. Repeat ____ times, ____ sets.



11. Dorsi flexion strengthening with theraband

Sit on a chair. Put the theraband around your foot. Pull your toes towards you. Repeat ____ times, ____ sets.



12. Calf raises-holding onto a chair

Stand. Push up onto the balls of your feet. Repeat ____ times, ____ sets.



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Ankle
Exercise Instructions
Post Fracture/Post Surgery

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It is time to get your ankle moving so that you can regain the range of motion, strength and use of your foot.

You may have some initial discomfort with these exercises, but they should not be painful.

Perform 2-3 times daily.

It is recommended that you apply ice to the area for 10 minutes after you exercise.

If you encounter any problems please notify your doctor or physiotherapist.

1. Ankle pumping

Place leg to be exercised on bed or chair. Point and flex the foot, pumping the ankle. Repeat ____ times.



2. Ankle circles

Place leg to be exercised on bed or chair. Slowly turn ankle, drawing circles with your foot. Repeat ____ times each direction.



3. Calf stretch with towel

Sit on a bed, the ground or on a chair. The leg to be stretched is straight at the knee, a towel around the ball of the foot. Pull the toes towards you until a stretch is felt in the back of the ankle and calf. Hold ____ seconds, repeat ____ times.



4. Inversion with towel

Sit on a bed, the ground or on a chair. The leg to be stretched is straight at the knee, a towel around the foot. Pull the foot in so you can see the bottom of your foot and until a stretch is felt on the outside of your ankle. Hold ____ seconds, repeat ____ times.



5. Eversion with towel

Sit on a bed, the ground or on a chair. The leg to be stretched is straight at the knee, a towel around the foot. Pull the foot so your toes are facing out and until a stretch is felt on the inside of your ankle. Hold ____ seconds, repeat ____ times.



6. Calf stretch against wall

Stand with hands against a wall and legs in a staggered stance. The leg to be stretched is behind. Bend front leg until a stretch is felt in the back calf. Hold ____ seconds, repeat ____ times.



7. Soleus stretch against a wall

Stand with hands against a wall and legs in a staggered stance. The leg to be stretched is behind and bent at the knee. Bend front leg until a stretch is felt in the back calf. Hold ____ seconds, repeat ____ times. sets.



8. Inversion strengthening with theraband

Sit on a chair. Put the theraband around your foot. Turn the foot inwards as if to look at the sole of your foot. Repeat ____ times, ____ sets.



9. Eversion strengthening with theraband

Sit on a chair. Put the theraband around your foot. Turn the foot out as if to look at the sole of your foot. Repeat ____ times, ____ sets.

