Connecticut Orthopaedics

# Megan R. Wolf, MD
# Sports Medicine/Foot & Ankle

## Basic Ankle Exercises
Home Exercise Program

**Seated Ankle Pumps**

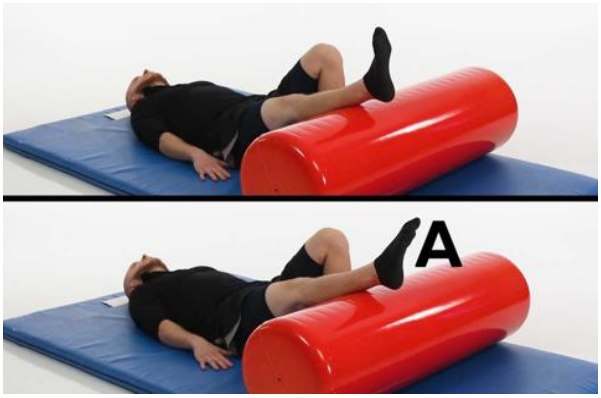


**Sets:** 2 **Reps:** 25-30 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** 7

**Description:** Begin sitting with both of your feet flat on the ground. Slowly bend your ankles up and down. Repeat as directed.

**Comments:** USE FOAM ROLLER

**Ankle Alphabet Elevated**




**Sets:** 2 **Reps:** A-Z **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** 7

**Description:** Starting Position:
Lie on your back with your affected leg(s) elevated above your heart.

Movement:
With the toes of your affected leg(s), begin tracing the alphabet in all upper case letters with your foot making sure to keep your leg still. Repeat as prescribed.

Tip:
Be sure to stay in a pain-free range of motion.

**Doming**



**Sets:** 2 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** 7

**Description:** Starting Position: Standing barefoot flat on the floor. Movement: Curl your toes downward. Keep ball of foot on the ground with your toes curled and actively try to increase the height of your arch. Return to the starting position. Repeat as prescribed. Tip: Do not lift any part of your foot off the ground.

**Long Sitting Calf Stretch with Strap**



**Sets:** 1 **Reps:** 3 **Resistance:** -- **Hold:** 30 seconds **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** 7

**Description:** Begin seated on the ground with both feet straight out in front of you with your toes pointed toward the ceiling. Place a towel around the sole of your foot. Grasp the towel at both ends and pull toward you. You should feel a stretch in your calf. Hold as directed. Repeat as directed.

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**Straight Leg Raise (SLR)**



**Sets:** 2 **Reps:** 10-12 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1-2 **Times Per Week:** 7

**Description:** Lying on your back with knees bent and feet flat on the floor, straighten the leg you wish to exercise. Start by contracting the muscles on the front of your thigh. While keeping these muscles tight and knee straight, lift your leg off the ground until your knee is at the height of the other knee. Slowly lower it back to the floor. Repeat as directed.

**Side Lying Hip Abduction**



**Sets:** 2 **Reps:** 10-12 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1-2 **Times Per Week:** 7

**Description:** Lie on your side with the side you intend to exercise upwards. Keep your knee straight and lift your top leg up towards the ceiling. Avoid pointing your toes towards the ceiling by keeping the outside of your foot parallel with the floor, and make sure to stay lying directly on your side and avoid rolling backwards. Slowly lower your leg back to the starting position. Repeat as directed.

**Quadruped Hip Extension**



**Sets:** 2 **Reps:** 10-12 **Resistance: -- Hold: -- Rest: -- Times Per Day:** 1-2 **Times Per Weeks:** 7

**Description:** Starting position: Begin in quadruped / 'all fours' position. Movement: Engage your core and lift one leg straight backwards until it is straight, in-line with your trunk. Focus on activating your glute muscle. Return to the starting position and alternate legs. Tip: DO NOT LET YOUR LOW BACK ARCH. Keep your neck in neutral with a light chin tuck.