

*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.

1



Ankle AROM Longsit Alphabets (Time Based)

Sitting with your leg extended in front of you, prop your ankle up some or off the edge of the bed, and draw full the alphabet with your big toe clockwise and then counter clockwise **WITHOUT** moving the rest of your leg. **JUST** move your foot and ankle. Do not do this fast. About 1 letter per second.

Repeats: 2 sets of 1 rep

Perform: 2x a day



2



Ankle AROM Supine Circles (Time Based)

On your back, prop your ankle up or off the edge of the bed, and **SLOWLY** draw full circles with your big toe clockwise and then counter clockwise **WITHOUT** moving the rest of your leg. **JUST** move your foot and ankle.

Repeats: 5 sets of 2 reps

Perform: 2x a day

3



Ankle Dorsiflexion Band Long Sitting (Time Based)

Anchor the band at the foot of the bed and loop the other end around your mid foot. In a seated position with your affected leg extended out in front of you, pull your foot up towards your head against resistance of the band. Hold 3 seconds. Come back slowly. Relax, repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

Resistance: Yellow theraband

4



Ankle Eversion Bands Long Sitting (Time Based)

Seated with your leg extended out in front of you, loop the band around your affected foot, mid foot. Leverage the band around your good foot and up that leg to you hand. Separate out your feet some, so there is tension on the band. Pull your foot outward without moving the rest of your leg. Hold 3 seconds. **SLOWLY** return to start. Repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

Resistance: Yellow theraband



5



Ankle Inversion Bands Long Sitting (Time Based)

Begin sitting upright on the ground with one knee bent and the other leg straight with a resistance band looped around the ball of your foot. The band should be anchored near the floor on the side opposite your straight leg. Pull your foot inward against the resistance, rotating your ankle, then slowly return to the starting position and repeat. Make sure to only rotate your ankle and keep the rest of your leg straight during the exercise.

Repeats: 2 sets of 5 reps

Perform: 2x a day

Resistance: Yellow theraband



6



Ankle Plantarflexion Long Sitting Band (Time Based)

Loop a band around your foot and hold onto the ends of the band in each hand. Best to do a full circle around the foot with the band to prevent slippage. Get some tension on the band and push your foot downward using the muscles in the back of your calf. Hold 3 seconds. Return slowly. Repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

Resistance: Yellow theraband



7



Heel Raise (Time Based)

Rise onto the toes of both feet. Keep your knees straight throughout. If needed, hold on to a table or wall for balance. Hold for 2 seconds, return to start slowly, repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day



8



Mini Squat (Time Based)

Stand with good upright posture with your feet slightly wider than hip width apart. Squat toward the floor slightly, bending at your knees and hips simultaneously as though you are sitting in a high chair. Return to the starting position. Use a table or counter for support as needed.

Repeats: 2 sets of 5 reps

Perform: 2x a day



Please contact your provider with questions regarding your specific home exercise program.