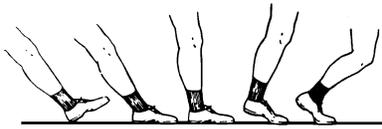

PHASE I ANKLE REHABILITATION

EXERCISES

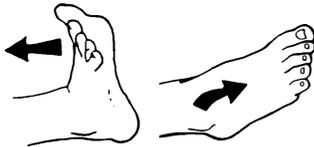
SWELLING CONTROL

- REST:** Keep your standing and walking activities to a minimum while swelling is a problem.
 - ICE:** Use an ice pack in a moist towel for 10-15 minutes intermittently to decrease swelling.
 - COMPRESSION:** If swelling is a problem when standing or walking, use an ace bandage or ankle sleeve for pressure when standing or walking.
 - ELEVATION:** Elevating the ankle above the chest will help decrease swelling.
 - MEDICATIONS:** Medications as recommended by your Physical Therapist or Doctor.
-



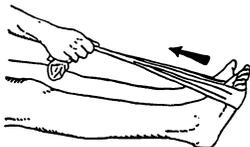
CRUTCH WALKING

If you are using crutches, try to walk as normal as **comfortable**. Use the crutches as much as needed to take weight off the ankle, and relieve pain, but try to use a normal heel to toe motion with as much pressure through the foot that is **comfortable**.



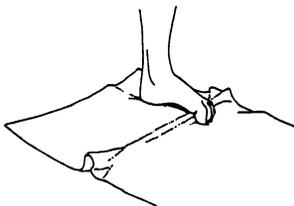
ANKLE PUMPS

Pump the ankle up and down another 5 minutes. These exercises can be done a number of times a day.



TOWEL/CRUTCH STRETCH

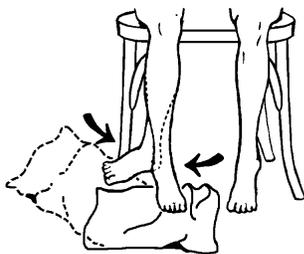
Pull the foot back until you feel a stretch at the calf.
Hold the stretch for 15 seconds, do 3-5 reps,
1-3 times a day.



TOE CURLS

Bunch up a towel curling your toes.
Do for 5 minutes, 1-3 times a day.

PHASE I ANKLE REHABILITATION (CONT.)



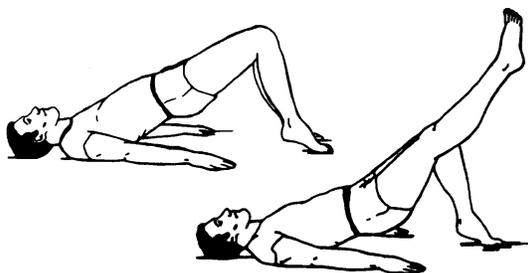
TOWEL SLIDES

Moving only your ankle and keeping your heel planted, slide the towel to the inside, then outside. Do for 5 minutes, 1-3 times a day.



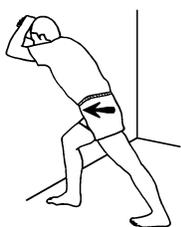
ISOMETRIC ANKLE STRENGTHENING

Using your hand for resistance, push into your hand with your forefoot and hold 5 seconds. Push to the inside, to the outside, up and down. Do 3 sets of 10-20 repetitions each direction, daily.



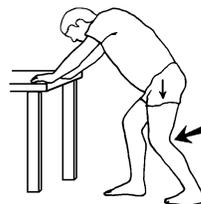
PERONEAL BRIDGING

Laying on your back with your hips and knees bent and then lift your hips. Raise up and down on your toes slowly. Start using two legs and progress to one as your comfortable. Do 10-20 reps, 3 sets, daily.



CALF STRETCHES

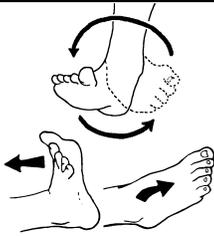
Heel flat on the floor. Lock the knee straight and move the hips forward until you feel a stretch at the calf. Hold the stretch for 30 seconds, do 3-5 repetitions.



ACHILLES STRETCHES

Heel flat on the floor. Bend the knee slightly, moving the hips forward and down until you feel a stretch at your achilles. Hold for 30 seconds, do 3-5 reps, 3-5 times a day.

PHASE II ANKLE REHABILITATION EXERCISES



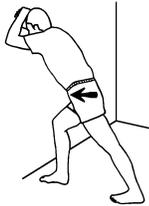
☐ ANKLE CIRCLES AND ANKLE PUMPS

Moving from your ankle, slowly draw large circles, clockwise and counter clockwise for 5 minutes total. Then pump the ankle up and down another 5 minutes. These exercises can be done a number of times a day.



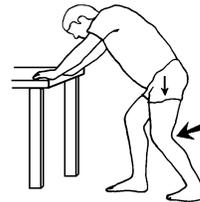
☐ ASSISTED CIRCLE STRETCHES

Slowly rotate the ankle in gradually larger circles. Go clockwise and counter-clockwise for about 5 minutes total. 2-5 times a day.



☐ CALF STRETCHES

Heel flat on the floor. Lock the knee straight and move the hips forward until you feel a stretch at the calf. Hold the stretch for 30 seconds, do 3-5 repetitions.



☐ ACHILLES STRETCHES

Heel flat on the floor. Bend the knee slightly, moving the hips forward and down until you feel a stretch at your achilles. Hold for 30 seconds, do 3-5 reps, 3-5 times a day.

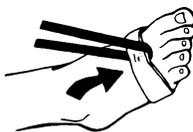


☐ STORK STANDING BALANCE TRAINING

Standing on your injured leg, work on balancing. When you can balance for 60 seconds with your eyes open, try it with your eyes closed with a goal of 60 seconds.

TUBING STRENGTH EXERCISES:

15-20 reps, 2-3 sets, 2-3 days per week



☐ PLANTAR FLEXION

Push down against the tube slowly getting as much motion as you can.

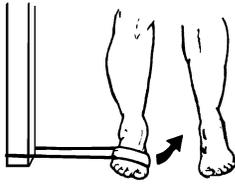


☐ DORSIFLEXION

Pull up against the tube slowly getting as much motion as you can.

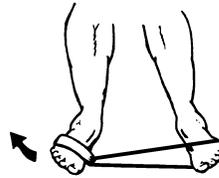
PHASE II ANKLE REHAB (CONT)

TUBING STRENGTH EXERCISES



INVERSION

Push to the inside against the tube slowly getting as much motion at the ankle as you can.



EVERSION

Push to the outside against the tube slowly getting as much motion at the ankle as you can.

STANDING HEEL RAISES



This can be done on a step holding onto the rail or on a thick book. Try this with one leg, if it's uncomfortable use two legs and progress to one. Go down slowly and pause, stretching the calf then push up slowly working the calf and pause. Hold for 3 to 5 seconds, do 15 -20 reps, daily.

STEP UPS



This can be done on a step holding onto the rail or on a thick book or stool holding onto a table or chair. The injured foot is on the step go down slowly and pause, the push back up. Do 30 - 50 reps, 3 sets, 3 days/week.

Use Stairmaster, 20-60 minutes, 3 days/week.



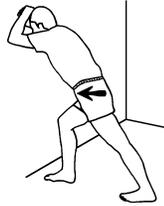
BICYCLING

Using a mobile or stationary bike with toe clips if possible. Start slowly with light pressure, pushing and pulling with the ankle. Go for 5 to 10 minutes at first, then slowly increase your resistance and time up to 45 to 60 minutes.

SWIMMING POOL EXERCISES

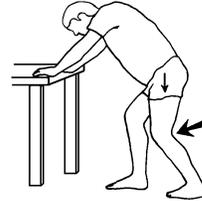
- Flutter Kicks, holding onto the side or using a kick board.
- Frog/Breast Kicks, holding onto the side or using a kick board.
- Swimming laps.
- Walking / Running laps in the shallow end.
- With buoys under arms and between legs, running in the deep end.

PHASE III ANKLE REHABILITATION EXERCISES



CALF STRETCHES

Heel flat on the floor. Lock the knee straight and move the hips forward until you feel a stretch at the calf. Hold the stretch for 30 seconds, do 3-5 repetitions.



ACHILLES STRETCHES

Heel flat on the floor. Bend the knee slightly, moving the hips forward and down until you feel a stretch at your achilles. Hold for 30 seconds, do 3-5 reps, 3-5 times a day.



BAPS BALANCE TRAINING

Starting with the smallest ball, gradually increase the size of the ball as your balance and control increase.

- front to back
- side to side
- circles clockwise and counterclockwise
- figure eight

Do 10 to 20 repetitions of each direction for 3 sets.

SUBSTITUTION - If you don't have access to a BAPS board, start by balancing on the injured leg with your eyes closed (with a table or chair close for support if needed). When balance can be maintained for 60 seconds with your eyes closed, start balancing on a pillow or blanket and adding the motions used on the BAPS board above.

TUBING STRENGTH EXERCISES: 15-20 reps, 2-3 sets, 2-3 days per week



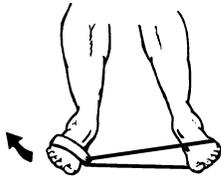
PLANTAR FLEXION

Push down against the tube slowly getting as much motion as you can.



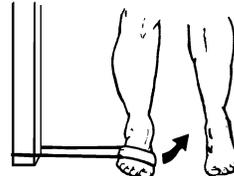
DORSIFLEXION

Pull up against the tube slowly getting as much motion as you can.



EVERSION

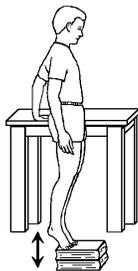
Push to the outside against the tube slowly getting as much motion at the ankle as you can.



INVERSION

Push to the inside against the tube slowly getting as much motion at the ankle as you can.

STANDING HEEL RAISES



This can be done on a step holding onto the rail or on a thick book. Try this with one leg, if it's uncomfortable use two legs and progress to one. Go down slowly and pause, stretching the calf then push up slowly working the calf and pause. Hold for 3 to 5 seconds, do 15 -20 reps, daily.

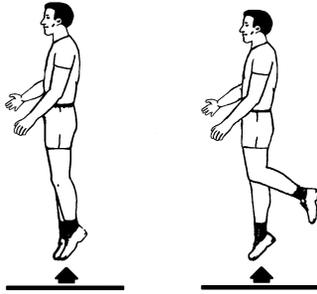
STEP UPS



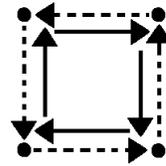
This can be done on a step holding onto the rail or on a thick book or stool holding onto a table or chair. The injured foot is on the step go down slowly and pause, the push back up. Do 30 - 50 reps, 3 sets, 3 days/week.

Use Stairmaster, 20-60 minutes, 3 days/week.

☐ JUMPING ROPE



Start with two legs, and doing small jumps slowly. Gradually increase height and speed. When comfortable with two legs progress to alternating unilateral hopping on the right and left leg. When comfortable unilaterally hopping start using a jumping rope.

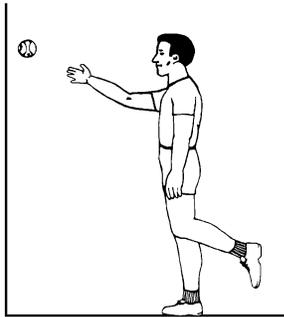


☐ HOPPING



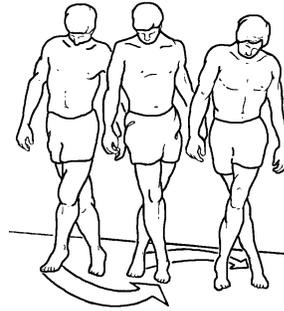
Progress from double leg to single leg box pattern jumping (clockwise & counter clockwise) and diagonal jumping.

☐ WALL BALL



Balancing on the injured leg, bounce a ball, (racquetball, basketball, etc.) off a wall, catch it by hopping and maintaining your balance on the injured ankle. Work for about 5 minutes.

☐ CARIOCCA (CROSSOVER) RUNNING

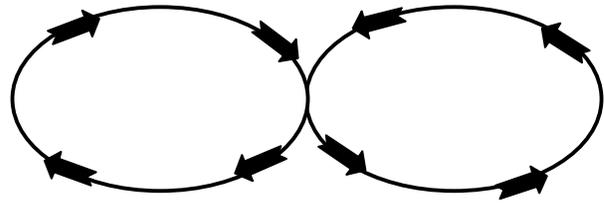


Starting slowly crossover stepping to the left, then to the right for 10 to 20 yards. Slowly increase your speed as your ankle strength and agility increase.

SWIMMING POOL EXERCISES

- Flutter Kicks, holding onto the side or using a kickboard
- Frog/Breast Kicks, holding onto the side or using a kickboard.
- Swimming laps.
- Walking / Running laps in the shallow end.
- With buoys under arms and between legs, running in the deep end.

FIGURE EIGHT RUNNING



Start at half speed and jog a figure eight course about half the length of a basketball court. Gradually increase speed progressing to 3/4 and full speed over 3 to 4 weeks. Also decrease the figure eight course length as speed increases ending at about the length of a basketball key (15 feet).

JOGGING-RUNNING PROGRESSION

WEEK ONE
1/2 speed
jog 200 yards,
walk 200 yards,
for 1-2 miles.

WEEK TWO
1/2 speed jog
for 2 miles.

WEEK THREE
3/4 speed jog
for 2 miles.

WEEK FOUR
Full speed run
for 2 miles.

Find a level area with an even surface to begin jogging, a treadmill is excellent. Jog in daylight with good visibility. Start out using a brace if prescribed by your Physical Therapist or Physician. Progress to the next level only if there is no pain, swelling or instability.

SPRINTING

WEEK ONE
1/2 speed
5 sets
20-30 yards

WEEK TWO
3/4 speed
5 sets
20-30 yards

WEEK THREE
3/4 speed
10 sets
30-40 yards

WEEK FOUR
Full speed
10-20 sets
30-40 yards

START SLOWLY AND PROGRESS EACH WEEK AS LONG AS THERE IS NO PAIN, SWELLING OR INSTABILITY.

SPORTING ACTIVITIES *BASKETBALL, RACQUETBALL, SOCCER, FOOTBALL PASS PATTERNS, ETC.*

WEEK ONE
1/2 SPEED BY YOURSELF

WEEK TWO
3/4 SPEED BY YOURSELF

WEEK THREE
FULL SPEED BY
YOURSELF

WEEK FOUR
FULL SPEED IN
COMPETITION

START SLOWLY BY YOURSELF AT HALF SPEED, YOU MAY START IN A BRACE AND SLOWLY WEAN OUT OF IT. AS YOUR ANKLE GETS STRONGER INCREASE YOUR SPEED. IF YOU CAN PLAY 3/4 TO FULL SPEED ONE-ON-ONE WITHOUT PAIN, INSTABILITY OR SWELLING PROGRESS TO FULL SPEED COMPETITION.