

The following are rehabilitation exercises that can help limit the risk for ankle and/or lower leg injuries. It is not an all-inclusive list, nor does it actually prevent an injury from occurring. Performing these exercises preventatively can also help you recover from injury more quickly.

The following exercises can be used for:

Achilles Tendonitis, Plantar Fasciitis, ankle sprains, Anterior Tibialis Tendonitis, Medial Tibial Stress Syndrome (shin splints), Peroneal Tendonitis, and Posterior Tibialis Tendonitis.

Choose 4-5 exercises to complete each week and follow the instructions.



CALF STRETCH 1

Stand on slant board with both feet. Slowly lean forward keeping both heels down on the board as shown. Lean until you feel a slight stretch in the back part of the calves. Remember to keep your knees straight.

If you do not have a slant board you can place your toe against a wall.

Hold 30 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



CALF STRETCH 2

While standing on slant board with both feet, slightly bend your knees. Slowly lean forward keeping both heels down on the board as shown. Lean until you feel a slight stretch in the back part of the calves.

If you do not have a slant board you can place your toe against a wall.

Hold 30 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe. Your ankle should be moving as you perform this.

1 Set = both UPPERCASE A-Z and lowercase a-z.

Complete 3 Sets
Perform 3 Time(s) a Week



EVERSION

While lying down on your back, bend your ankle to move your foot outward or away from your midline as shown. Relax and repeat.

Progression: Add theraband

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week

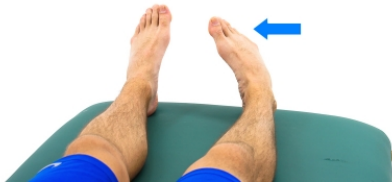


INVERSION

While lying down on your back, bend your ankle to move your foot inward or towards the midline of your body as shown. Relax and repeat.

Progression: Add theraband

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week

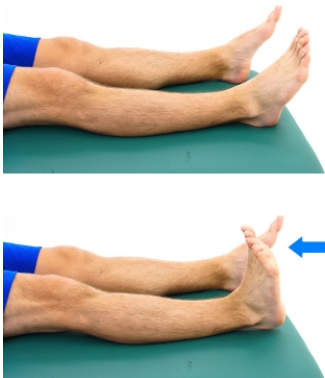


DORSIFLEXION

While lying down on your back, bend your ankle to move your foot upwards or towards the direction of your knee as shown. Relax and repeat.

Progression: Add theraband

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week





PLANTARFLEXION

While lying down on your back, bend your ankle to move your foot upward or in the direction of your knee as shown. Relax and repeat.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week

Progression: Add theraband



TOWEL SCRUNCH

Place towel on hard surface. Begin with the foot flat on the floor. Keeping the heel on the floor, repetitively "scrunch up" the towel by curling your toes. Each repetition of toe curling is one repetition. Attempt to bunch up the towel under the foot.

Repeat 10 Times
Complete 5 Sets
Perform 3 Time(s) a Week



SINGLE LEG STANCE (SL)

Stand on one leg and maintain your balance.

Hold 30 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week

Progression for adding difficulty:
- Balance and bring free knee up to 90 degrees.
- Close your eyes.
- Balance on Airex pad or Bosu and begin progression again.



CONE TAPS

Place 5 cones or cups around you as shown. Balance on a slightly bent knee. Holding a ball, lower yourself down to tap the top of a cone with the ball. RETURN TO ORIGINAL POSITION (SLS) and repeat touching a different cone. Keep both hands on the ball the entire time.

Duration 20 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week



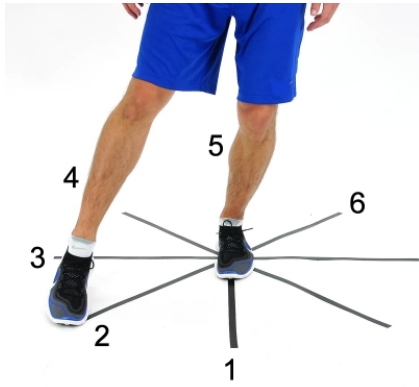
BOSU - SINGLE LEG STANCE

Stand on a Bosu Ball with one leg and maintain your balance.

Maintain a slightly bent knee on the stance side.

Progression: raise free leg higher and/or close your eyes.

Hold 30 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week



CLOCKS

Start by standing on one leg and maintain your balance. Imagine a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then RETURN THAT LEG TO STARTING POSITION.

Next, touch position 2 and return. Continue this all the way to position 6. Touch positions 1-6= 1 set.

Maintain a slightly bent knee on the stance side.

Progression: perform on an airex pad.

Complete 10 Sets
Perform 3 Time(s) a Week



HEEL RAISES

While standing on one leg, raise up on your toes as you lift your heel off the ground.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



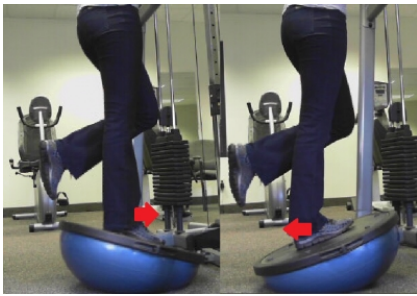
HEEL DROP ECCENTRICS

Raise both heels up at once, lift the foot that's not being emphasized off the ground. Slowly (4 seconds) lower heel toward the ground. Make sure that ankle stays straight and does not twist to side.

Progression:

1. Standing on step and lowering heels down
2. Standing on foam
3. Holding weights

Repeat 15 Times
Hold 4 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



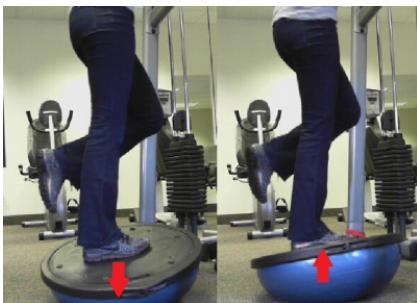
FRONT TO BACK BOSU ROCKS

Begin standing with both feet on the ground in front of a bosu ball. Hold onto a counter to maintain balance. Step onto bosu ball with one foot in the center and transfer weight to that leg.

From here, tilt your ankle forwards and backwards.

****If you need to readjust your stance, step off of the bosu ball with both feet before changing stance.****

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



SIDE TO SIDE BOSU ROCKS

Begin standing with both feet on the ground in front of a bosu ball. Hold onto a counter to maintain balance. Step onto bosu ball with one foot in the center and transfer weight to that leg.

From here, tilt your ankle side to side.

****If you need to readjust your stance, step off of the bosu ball with both feet before changing stance.****

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week