

Ankle Exercises - Isometric Exercises

Isometric exercises, which involve pushing against a fixed object with your ankle, are a good way to get started. Examples of isometric exercises include:



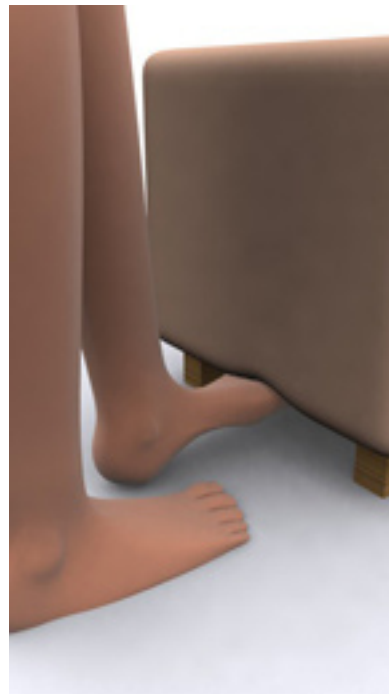
Placing your ankle in the "down and in" position against a fixed object such as a couch. Hold this position for a count of 10. Repeat 10 times.



Placing your ankle in the "up and out" position against the same object. Hold this position for a count of 10. Repeat 10 times.



Pushing your ankle down against a fixed object and hold for a count of 10. Repeat 10 times.



Pushing your ankle up against a fixed object and hold for a count of 10. Repeat 10 times.

Ankle Exercises - Isotonic Exercises

Once isometric exercises have been mastered, you can move on to **isotonic exercises**, which involve improving the range of motion of the ankle against resistance. Isotonic exercises can be performed using a resistance band, which you can get through a physical therapist or at any sporting goods store. Examples include:



Using a resistance band around your foot, hold the ends of the band with your hand and gently push your ankle down as far as you can and then back to the starting position. Repeat 10 times.



Tie the resistance bands around a fixed object and wrap the ends around your foot. Start with your foot pointing down and pull your ankle up as far as you can. Return to the starting position. Repeat 10 times.



Tie the resistance bands around a fixed object located to the outer side of your ankle and wrap the ends around your foot. Start with the foot relaxed and then move your ankle down and in. Return to the relaxed position and repeat 10 times.



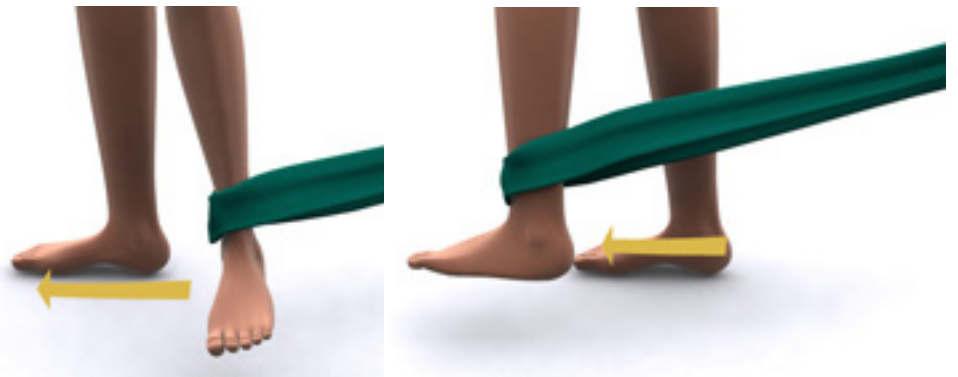
Tie the resistance bands around a fixed object located to the inside of your ankle and hold your foot in a relaxed position and wrap the ends around your foot. Bring your foot up and out and then back to the resting position. Repeat 10 times.

Ankle Exercises - Proprioceptive Exercises

Once you have regained the motion and strength in your ankle, be sure to check with your provider or physical therapist before increasing your activity level. **Proprioceptive exercises** are designed to improve your awareness of the position, location, orientation and movement of your ankle. This is important to help avoid future ankle injuries. Examples of proprioceptive exercises include:



Standing on a pillow on your affected leg. Hold this position for a count of 10. Repeat 10 times.



Standing on your affected leg with the resistance band applied to your unaffected leg. Bring your unaffected leg forward and then back to the starting position. Repeat 10 times. Start slowly and progress to a faster speed for a more difficult workout.



Swinging your unaffected leg behind you and then back.
