

# Ankle Exercises

Begin ankle exercises as directed by your doctor or therapist. You may have some soreness while exercising. If you have more than mild discomfort, stop exercising. Apply ice to your ankle for 15 minutes after exercising. Do not apply the ice directly to the skin. Do the exercises 3 times a day. If your doctor put you in a boot, remove it to do the exercises. Call your doctor for an appointment to check your ankle in 7-10 days.

Do only the exercises that are checked:

**Letter Writing**

Moving only your ankle and foot, write each letter of the alphabet on the floor. Keep your leg straight. Do not bend your knee or hip. The letter will start small and get larger as your ankle motion improves.



**Ankle Pumps**

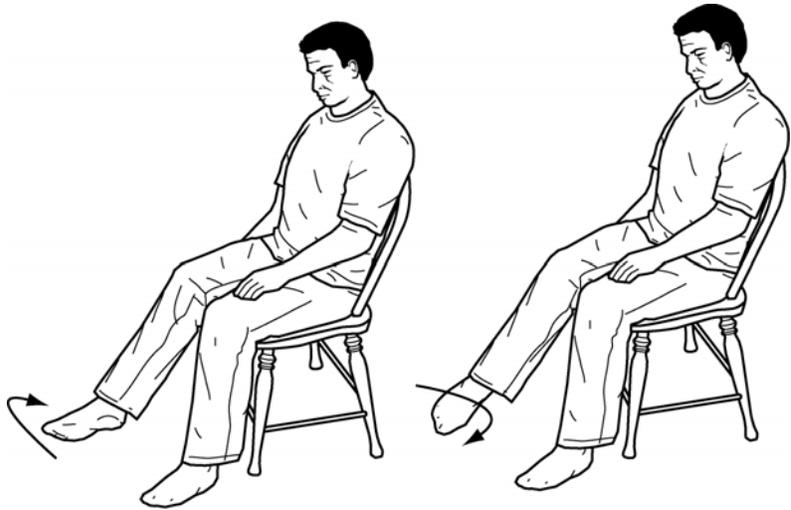
Move your foot up and down as if pushing down or letting up on a gas pedal in a car. Repeat 10 times.



- Ankle Side to Side**  
Move your foot side to side. Repeat 10 times.



- Ankle Circles**  
Make circles with your foot. Go clockwise then repeat counter clockwise. Repeat 10 times.



- Ankle Stretch**  
Sit with your leg out straight. Loop a towel around the ball of your foot and pull back. Pull to feel a stretch, but not pain. Release the pressure. Hold the stretch 20-25 seconds and repeat this exercise 3 times a day.



□ **Toe Curls**

Spread a towel on the floor in front of you. Sit on a chair with your foot flat on the towel. Curl your toes and gather the towel under the arch of your foot. Do not move your heel during this exercise. Repeat 10 times.



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