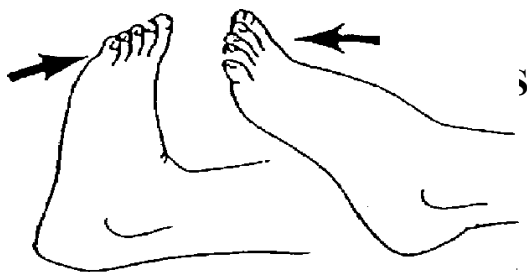


## FOOT & ANKLE RANGE OF MOTION EXERCISES

Do each exercise **20** times a day. Repeat each exercise **3-4** times.

### □ ANKLE ALPHABET

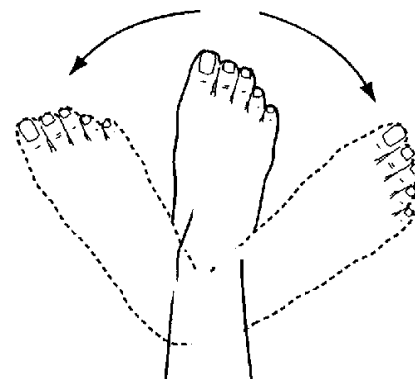
- Moving only your ankle and foot, “write” each letter of the alphabet from A to Z.
- Keep your leg straight.
- Do not bend your knee or hip.
- The letters will start out small and get larger as your ankle motion improves.



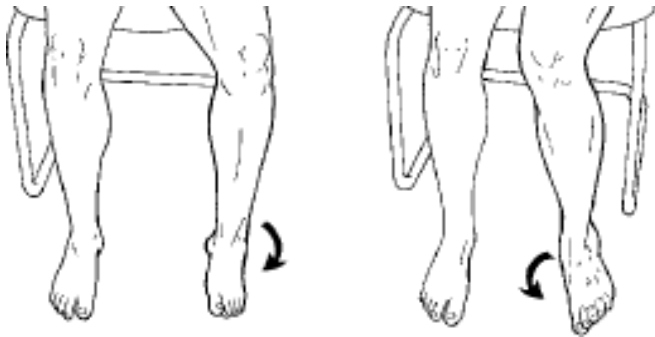
- Move your foot up and down as if pushing down or letting up on a gas pedal in a car.

### □ ANKLE INVERSION / EVERSION

- Move your foot side to side as if mimicking a windshield wiper.
- Be sure not to move knee while performing exercise



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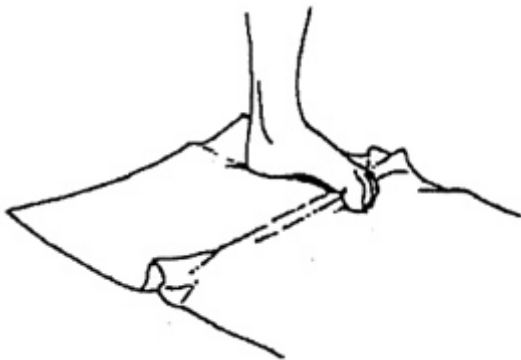


□ **ANKLE CIRCLES**

- Make circles with your foot.
- Go clockwise then repeat counter clockwise.

□ **TOE CURLS**

- Moving only your toes, curl and uncurl each digit as far as possible within your pain free range.
- **Option:** Pick-up marbles with toes 1 at a time for 5 minutes.

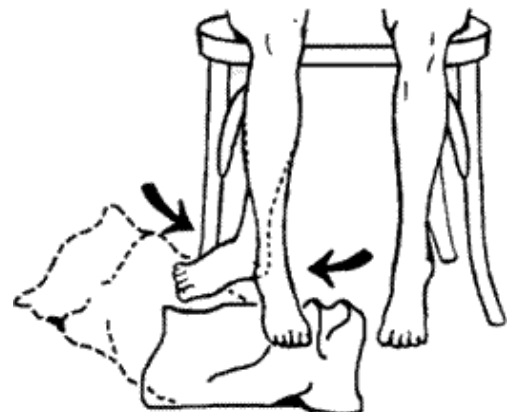


□ **TOE CURLS WITH TOWEL**

- Bunch up a towel curling your toes

□ **TOWEL SLIDES**

- Moving only your ankle and keeping your heel planted, slide the towel to the inside, then outside.

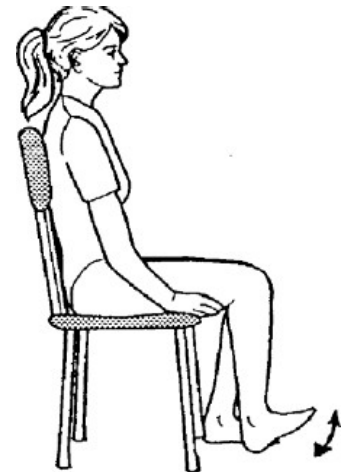


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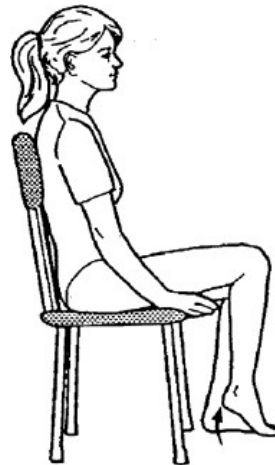
**SEATED ANKLE DORSIFLEXION**

- Leave your heel on the floor and tap your toes up and down.



**SEATED ANKLE PLANTARFLEXION**

- Leave your toes on the floor and lift your heel up and down.



- 
- If your doctor put you in a boot, remove the boot to do the exercises. You also may remove the boot to sleep or bathe **unless otherwise advised by your doctor.**
  - If you have been instructed not to walk in the boot, then it is important to sleep with the boot on. If you are instructed to walk in the boot, then you may remove the boot to sleep.