ANKLE & FOOT FLEXIBILITY EXERCISES

It is best to do any exercise slowly and with smooth motions. Be sure to breathe in through your nose and out through your mouth while exercising. You should never hold your breath while exercising because it may cause your blood pressure to rise.

Do each exercise _____ times a day.
Repeat each exercise ______ times.
Hold position exercise for ______ seconds.

**ANKLE CIRCLES**
- Move the entire foot in clockwise and counterclockwise circles.
- Stay within pain tolerance for exercises

**TOE FLEXION / EXTENSION**
- Use hand to bend and straighten each toe.
- Stay within pain tolerance for exercises

**TOE ABDUCTION / ADDUCTION**
- Spread the toes apart and then return them to the original position.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
- **ANKLE INVERSION / EVERSION STRETCH**
  - Grasp the foot and turn the bottom of the foot toward the inside and then the outside.
  - Stay within pain tolerance for exercises.

- **SEATED GASTROC STRETCH WITH TOWEL**
  - Sit with your back against the wall or your headboard.
  - Hook the towel around the top of your foot and pull it toward your head.
  - Your knee should stay straight.
  - Repeat with the other foot.

- **STANDING GASTROC STRETCH**
  - Stand facing a wall.
  - Move your _____ foot back, keeping your leg straight.
  - Move your _____ foot forward with the knee bent.
  - Make sure your knee is in line with your ankle.
  - Keep the heel of your back leg on the floor.
  - Switch legs and repeat exercise.

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STANDING SOLEUS STRETCH
- Stand facing a wall.
- Move your ______ foot back, keeping your leg bent.
- Move your ______ foot forward with the knee bent.
- Make sure your knee is in line with your ankle.
- Keep the heel of your back leg on the floor.
- Switch legs and repeat exercise.

STANDING GASTROC / PLANTAR FASCIA STRETCH
- Stand with the ball of your injured foot on a stair.
- Reach for the bottom step with your heel until you feel a stretch in the arch of your foot.

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 PT or MD.

Continue current weight bearing unless otherwise advised by your PT or MD.

When advised, you may begin to put your body weight on your ankle as you are able. If you have been using a gait aide such as a cane, crutches, or walker, you will first need to stop using the aide when you walk and just wear your boot.

As your ankle gets stronger, start to walk without the boot in your home. Wear the boot only when you feel you need the added support to make walking comfortable for you. You will then be able to wear the boot less and less when walking at home or outside. You may need the boot for some extra support when walking long distances or on uneven or rocky ground during this time.

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