












## Ankle Strengthening Home Exercise Program

You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

**Access Code: MHGR62DM**

All exercises should be completed as 3 sets of 10 repetitions, unless otherwise instructed. Ankle strengthening exercises should be completed 1-2 times per day, about 5 times per week. These exercises should be performed on both lower extremities following a good warm-up. All exercises should be completed with a PAIN FREE.

<p><b>Gastroc Stretch</b></p> 	<ul style="list-style-type: none"> <li>• Begin in a standing upright position in front of a wall.</li> <li>• Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.</li> <li>• Make sure to keep your heels on the ground and back knee straight during the stretch.</li> </ul>
<p><b>Soleus Stretch</b></p> 	<ul style="list-style-type: none"> <li>• Begin in a standing upright position in front of a wall.</li> <li>• Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.</li> <li>• Make sure to keep your heels on the ground and back knee bent during the stretch.</li> </ul>
<p><b>Dorsiflexion PAILS</b></p> 	<ul style="list-style-type: none"> <li>• Start in half kneeling position, and push your knee forward as far as you can keeping your heel down</li> <li>• Push toes and foot into the ground like a gas pedal</li> <li>• Relax while maintaining position</li> <li>• Repeat</li> </ul>
<p><b>Dorsiflexion</b></p>	<ul style="list-style-type: none"> <li>• Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.</li> <li>• Pull the top of your foot toward your body, creating further tension in the band.</li> </ul>

	
<p><b>Plantarflexion</b></p> 	<ul style="list-style-type: none"> <li>• Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your foot with the end held in your hand.</li> <li>• Bend your foot away from your body, creating further tension in the band.</li> </ul>
<p><b>Inversion</b></p> 	<ul style="list-style-type: none"> <li>• Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.</li> <li>• Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.</li> </ul>
<p><b>Eversion</b></p> 	<ul style="list-style-type: none"> <li>• Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.</li> <li>• Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.</li> </ul>
<p><b>Single Leg Balance</b></p> 	<ul style="list-style-type: none"> <li>• Begin in a standing position balancing on one leg with your hands resting on your waist.</li> <li>• Lean forward by bending at your hips and knee.</li> <li>• Make sure to keep your back straight and chin tucked.</li> </ul>
<p><b>Heel Raises</b></p> 	<ul style="list-style-type: none"> <li>• Begin in a standing upright position with your feet shoulder width apart.</li> <li>• Slowly raise both heels off the ground at the same time, then lower them down to the floor.</li> <li>• Make sure to keep your upper body still and avoid gripping with your toes.</li> <li>• **If this gets easy, progress to single leg heel raises, only performing on one foot at a time.</li> </ul>