

At Home Therapy

Ankle Pain

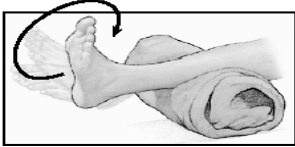
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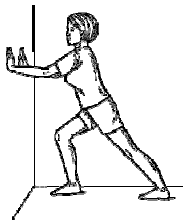
www.appointments@arcadfootandankle.com

*Foot Circles



Move your foot in a circular motion
Motion within pain-free limit. Repeat 20
Times in each direction.

*Standing Calf Stretch



Toes pointing forward, heels flat on the ground
Do not bend at the waist. To increase stretch,
Place a towel under ball of back foot. Hold the
Stretch for 20 sec; relax and repeat 3 times.

*Standing Heel Raise Progression



Push up on toes as high as possible. Lower
slowly. Progress from both feet to involved foot
only. Perform 10 reps and progress to 30 reps.



*Toe Crunches

Take off your shoes and socks and sit on a chair. Spread a towel across the floor and, grasping one end with your toes, crunch it under your feet—essentially, you're making fists with your toes. Use the muscles in the bottom of your feet and in your toes as well. Keep your heel on the floor at all times. Repeat with your other foot. 3 sets of 20

- Dr. Cheney recommends doing exercises twice a day

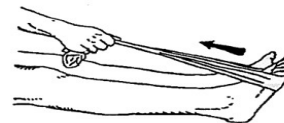
2/27/2013

*Alphabet



Elevate Foot. Print the capital letters of the
as largely as possible with your foot.
Move at the ankle not the hip. Repeat the
alphabet 1-2 times.

*Seated Calf Stretch



If standing is too painful... in a sitting position,
loop a towel around the ball of your foot.
Gently pull back on the towel. The knee should
Be straight. Hold for 20 sec; relax and repeat 3
times.

*One-legged Balance



Attempt to balance on one leg. Once you can
balance for 30 sec with eyes open, progress to
Playing catch or eyes closed.