

# BASIC EXERCISES FOR ANKLE PAIN

## GOALS

Stabilize your ankle in multiple directions.

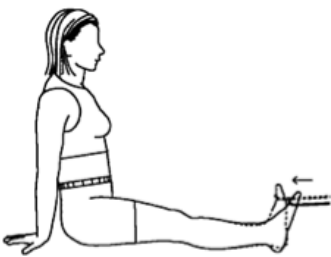
Reduce pain in the area.

## INSTRUCTIONS

**Equipment:** Therapy band with a knot on one end and a loop on the other

- Wedge the knotted end of the therapy band in between the door and the frame at ankle level. Shut the door.
- Loop the other end around the injured ankle. Avoid slack in band.

The instructions represent one set of exercises. Perform up to 3 sets 1-2 times per day.



### ANKLE PAIN 1 ANKLE DORSIFLEXION

Sit on the floor facing the door. Hold banded ankle out in front of you with toes pointed toward door. Remove slack from band. **Slowly pull banded foot back toward you.** Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



### ANKLE PAIN 2 ANKLE INVERSION

Remain seated on floor. Turn to your side so that your banded ankle is closest to door. Allow your banded foot to turn outward toward door. Remove slack from band. **Slowly turn banded foot inward and away from door.** Do not roll your hip inward. Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



### ANKLE PAIN 3 ANKLE EVERSION

Remain seated on floor. Turn to your side so that your banded ankle is furthest away from the door. Allow your banded foot to turn inward toward door. Remove slack from band. **Slowly turn the banded foot outward and away from the door.** Do not roll your hip out. Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



### ANKLE PAIN 4 ANKLE PLANTAFLEXION

Remain seated on floor. Remove knotted end of the band from door and hold it in your hands while the other end stays looped on your injured ankle. Pull on the band so that your foot points up toward you. **While maintaining this tension, slowly point the banded foot down and away from you.** Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.

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## ADDITIONAL INSTRUCTIONS

- Pull slowly and deliberately away from the door.
- Pause for 2-3 seconds at end of motion.
- Slowly return to starting position.
- Perform drills in the sequence listed unless otherwise advised by your therapist.

## PRECAUTIONS

- Do not hold your breath while performing exercises.
- Avoid jerky movements.
- Perform these drills respecting your pain.
- You may experience soreness from some of these drills. DO NOT perform these to the point of aggravating your symptoms.

## NOTES: