Range of Motion Exercises
Help you regain normal ankle motion.

**Technique:** Sit with your knee straight and hold the foot position as long as possible. Do as frequently as possible for the first 3-10 days.

**Pullback**
- Flex your foot back toward your body.

Flexibility (Stretching) Exercises
Loosen tight leg muscles. Tightness makes it hard to use stairs, walk, run and jump.

**Instructions**
Hold each exercise 20 seconds at a gentle stretch. Do not bounce!

**Frequency:** 6-10 repetitions/exercise, 5-7 days per week

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**Basic**
- Sit with your knee straight and towel looped around the ball of your foot.
  - Slowly pull back until you feel your upper calf stretch.

**Advanced**
- Once you can stand, try stretching with your hands on a wall.
  - Place the injured foot behind the other with your toes pointing forward.
  - Keep your heels down and back leg straight.
  - Slowly bend your front knee until you feel the calf stretch in the back leg.

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**Basic**
- Sit with your knee slightly bent. Loop a towel around the ball of your foot.
  - Slowly pull back until you feel a stretch in the lower calf and heel.
Heel Stretch

**Advanced:** Once you can stand, try placing your injured foot behind the other with your toes pointing forward.

- Keeping your heels down, slowly bend your back knee until you feel a heel stretch in the back leg.
**Strengthening Exercises**

Strong leg muscles help the ligaments hold the ankle together.

**Frequency:** Three sets of 20 repetitions, 5-7 days per week

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**Front of Shin**

**Basic - Push Out**
- With your foot flat on the floor, push it outward against a wall, file cabinet or bookcase. Hold for three seconds.

**Front of Shin**

**Advanced - Band**
- Tie the band to a desk or dresser.
- Sit with your foot and knee in line and loop the band over the outside of your foot.
- Push your foot out against the band.

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**Inner Shin**

**Basic - Push In**
- With your foot flat on the floor, push it inward against your other foot. Hold for three seconds.

**Inner Shin**

**Advanced - Band**
- Tie the band to a desk or dresser.
- Sit with your foot and knee in line, and loop the band over the inside of your foot.
- Push your foot in against the band.
**Front of Shin**

**Basic - Push Up**
- Place the heel of your other foot on top of the injured one.
- Push down with the top heel while trying to push up with the injured foot. Hold for three seconds.

**Advanced - Band**
- Tie the band to a desk or dresser.
- Sit with your leg straight and loop the band over the top of your foot.
- Slowly pull your foot back against the band.

**Stand.** Push up on your toes. Repeat 5-10 times.

**Ongoing Symptoms?**

If you have persisting pain, swelling or instability of your ankle in spite of the advice above, you should seek advice from a doctor. You may need further investigations such as an x-ray, ultrasound or MRI scan. You may need other approaches to treatment.