Preventative Ankle Exercises

ANKLE / FOOT - 13 Soleus Stretch
Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 10-15 seconds.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10-15 seconds.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 9 Ankle Alphabet
Using left ankle and foot only, trace the letters of the alphabet. Perform A to Z.
Repeat 1 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 39 Ankle Plantar Flexion: Self-Mobilization (Kneeling)
With right foot pointed behind, slowly lean down and back until gentle stretch is felt. Hold 10-15 seconds. Relax.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 40 Toe Extension / Ankle Dorsiflexion: Self-Mobilization (Kneeling)
On right knee and toes, lean down and back until gentle stretch is felt. Hold 10-15 seconds. Relax.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 1 Plantar Flexion: Isometric
Press left foot into ball or rolled pillow against wall. Hold 5 seconds. Relax.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted
Cross legs with right leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in.
Repeat 12-15 times per set. Do 3 sets per session. Do 1-3 sessions per day.

ANKLE / FOOT - 8 Eversion: Resisted
With right foot in tubing loop, hold tubing around other foot to resist and turn foot out.
Repeat 12-15 times per set. Do 3 sets per session. Do 1-3 sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)
Rise on balls of feet.
Repeat 5-10 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral
Attempt to balance on left leg, eyes open. Hold 5-10 seconds.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 26 Balance: Unilateral – Foam
Eyes open, balance with right leg on dense foam. Hold 5-10 seconds.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

ANKLE / FOOT - 2 Dorsiflexion: Isometric
With ball or rolled pillow between feet, squeeze feet together. Hold 5 seconds. Relax.
Repeat 3 times per set. Do 3 sets per session. Do 1-3 sessions per day.

ANKLE / FOOT - 7 Inversion: Resisted
Cross legs with right leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in.
Repeat 12-15 times per set. Do 3 sets per session. Do 1-3 sessions per day.

ANKLE / FOOT - 8 Eversion: Resisted
With right foot in tubing loop, hold tubing around other foot to resist and turn foot out.
Repeat 12-15 times per set. Do 3 sets per session. Do 1-3 sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)
Rise on balls of feet.
Repeat 5-10 times per set. Do 1 set per session. Do 1-3 sessions per day.

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ANKLE / FOOT - 26 Balance: Unilateral – Foam
Eyes open, balance with right leg on dense foam. Hold 5-10 seconds.
Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

Disclaimer: The content of this handout is provided as general information and may not apply to specific individuals or injuries. The information is not intended to replace the medical advice of a physician.