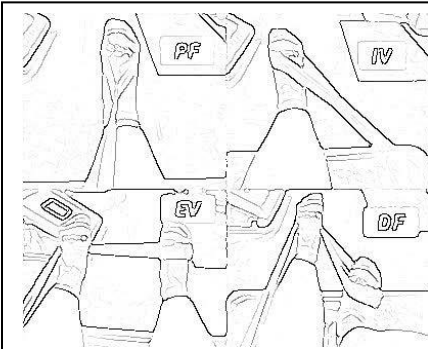




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ANKLE STABILITY EXERCISES

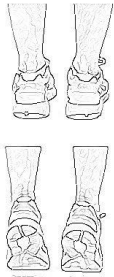
Four-Way Ankle Strengthening



Place loop of elastic band around affected ankle. Push your foot downward into the band. Hold the band in your hand off to the side and push your foot inward into the band. Wrap the band around your opposite foot and push outward into the band. Bend the knee of your affected ankle then pull your foot toward you, pulling into the band.

Repeat 10 times in each direction
Perform 3 sets per session
Perform 1-2 sessions per day

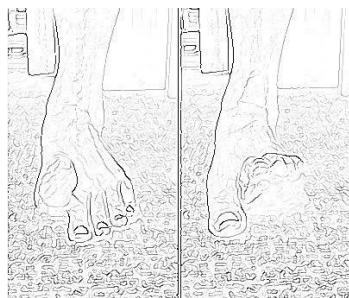
Heel Raise



While Standing, lift your heels up off the ground so you are only standing on your toes. When able, progress to performing while only standing on one leg.

Repeat 15 times
Perform 3 sets per session
Perform 1-2 sessions per day

Yoga Toes



Begin seated, with your feet flat on the ground. Maintain the ball of the foot and the heel on the floor for the entire exercise.

1. Lift the big toe, keeping the little toes planted on the floor
2. Lift the little toes, keeping the big toe planted on the floor

Perform 20 times
Perform 3 sets per session
Perform 1-2 sessions per day

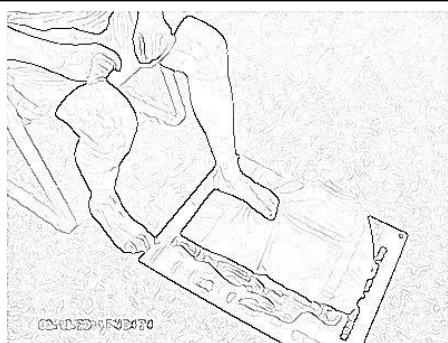


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ANKLE STABILITY EXERCISES

Seated Towel Scrunch

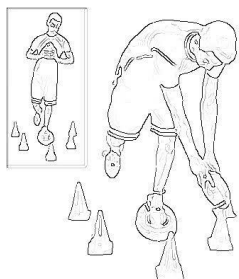


Begin seated with a towel under your foot. Use your toes to scrunch the towel, until you get to the end of the towel. Repeat.

Repeat 5 times (scrunching the entire length of a standard hand towel each time)

Perform 1-2 sessions per day

Single Leg Stance Cone Taps



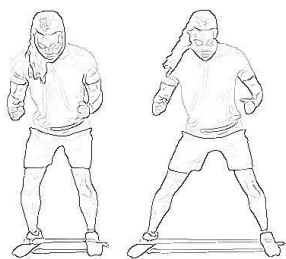
While standing on one leg, reach toward and tap each of the cones (as placed in the picture). If reaching with your hand is too difficult, you can tap cones with your opposite foot. Add an unstable surface under your foot such as towels or a pillow to increase the difficulty.

Perform 5 taps to each cone

Perform 3 sets per session

Perform 1-2 sessions per day

Side Steps With Band Around Feet



Begin with elastic band looped around your feet (not ankles). Take large step to the side and do not let your ankle turn in. Take a small step with the trailing leg, maintaining tension on the band at all times. Repeat.

Perform 10 steps in each direction

Perform 3 sets per session

Perform 1-2 sessions per day

