

## Ankle Strengthening Home Exercise Program

All exercises should be completed as 3 sets of 10 repetitions, unless otherwise instructed. Ankle strengthening exercises should be completed 1-2 times per day, about 5 times per week. These exercises should be performed on both lower extremities following a good warm-up.

### Resistance Band Exercises

**Inversion** (foot towards the middle of your body)

- Cross your legs and loop the resistance band around the base of your toes over your other foot. Pull resistance through your foot/toes away from your other foot.



**Eversion** (foot towards the outside of your body)

- Loop the resistance band around the base of your toes over your other foot. Move your foot/toes away from your other foot while pulling resistance in the opposite direction.



**Dorsiflexion** (toes towards yourself)

- Loops the resistance band around the base of your toes. Move your toes towards your body while pulling resistance in the opposite direction.



**Plantarflexion** (toes away from yourself)

- Loop the resistance band around the base of your toes. Move your toes away from your body while pulling resistance in the opposite direction.



### Heel Raises

#### Double Leg

Stand on both legs, shoulder width apart. Slowly raise both your heels off of the ground as high as you can go. Hold at the top for 1-2 seconds, and then slowly lower your heels back down to the ground. Progress from performing this exercise on a flat surface, to the edge of a step where your heels hang off of the edge. Use a wall or railing for support if needed. These motions should be slow and controlled.



#### Single Leg

Stand on one leg with the other raised off of the ground. Slowly raise your heel off of the ground as high as you can go. Hold at the top for 1-2 seconds, then slowly lower your heels back down to the ground. Progress from performing this exercise on a flat surface, to the edge of a step where your heels hang off the edge. Use a wall or railing for support if needed. These motions should be slow and controlled.



### Heel & Toe Walking

Raise all of your toes off of the ground as high as they can go. Walk around for 2-3 minutes in this position on a flat even surface. Make sure your toes are not bouncing and moving closer to the ground as you are walking. If you feel that you cannot maintain proper form, rest and then begin another set.



Raise both of your heels off of the ground as high as they can go. Walk around for 2-3 minutes in this same position on a flat even surface. Make sure your heels are not bouncing and moving closer to the ground as you are walking. If you feel that you cannot maintain proper form, rest and then begin another set.



### **Single Leg Balancing**

Stand on one leg with the other raised off of the ground. Place your hands on your hips and face forward. Stand in this position and balance for 20-30 seconds. Progress this exercise by standing on a pillow or other uneven surface. Be sure to perform this exercise with another individual in proximity or near a wall in case support is needed.

