



# Ankle ROM

EXERCISES	REPS AND SETS	SPECIAL NOTES
<b>Active Dorsi/Plantar Flexion</b>	20-30 reps 2-5 sets	Gas Pedals.
<b>Ankle Alphabet</b>	3 times through A-Z	Make as big of letters as you can.
<b>Seated Dorsiflexion Slide</b>	Hold for 10-20 sec Repeat 6-12 times	Keep your heel down.
<b>Passive Plantar Flexion</b>		Hold a tolerable stretch.
<b>Passive Inversion</b>		Hold a tolerable stretch.
<b>Passive Eversion</b>		Hold a tolerable stretch.
<b>Foot Intrinsic Stretch</b>		Grab your heel and toes.
<b>Calf Stretch (Gastroc/Soleus)</b>		Stretch both straight knee and bent knee.

## REMINDERS

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## ANKLE ROM DESCRIPTIONS

### Active Dorsi/Plantarflexion



- Start with your toes facing straight up.
- Pull your foot up as far as you can and hold slightly.
- Push your foot down as far as you can go and hold slightly.

### Ankle Alphabet







- Start with your ankle off a table or chair.
- Use your toes as a pen and write the entire alphabet from A-Z in the air.
- Make sure the motion is coming from the ankle and not the rest of your leg moving.

### Passive Plantar Flexion



- Cross your injured ankle across the thigh of your other leg.
- Use your hand to pull your foot down as if you were pointing your toes.
- Hold a tolerable stretch there.

Passive Inversion	
	<ul style="list-style-type: none"> <li>• Cross your injured ankle across the thigh of your other leg.</li> <li>• Pull your ankle up feeling a stretch on the outside part of your ankle.</li> </ul>
Passive Eversion	
	<ul style="list-style-type: none"> <li>• Cross your injured ankle across the thigh of your other leg.</li> <li>• Push your ankle away feeling a stretch on the inner portion of your ankle.</li> </ul>
Foot Intrinsic Stretch	
	<ul style="list-style-type: none"> <li>• Be sure to have your shoe off for this exercise.</li> <li>• Grab your heel and the ball of your foot.</li> <li>• Stretch the bottom of your.</li> </ul>
Calf Stretch (Gastroc/Soleus)	
	<ul style="list-style-type: none"> <li>• Stand behind a chair or table.</li> <li>• Stretch the back foot by keeping your heel on the ground and leaning forward.</li> <li>• Stretch both with a straight knee and a bent knee.</li> </ul>