

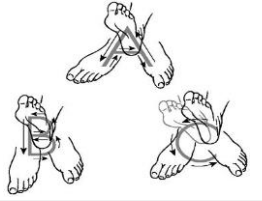
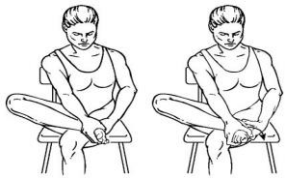
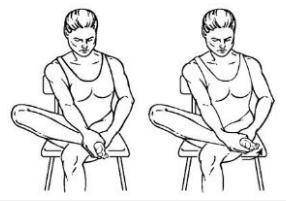



ORTHOPEDIC PHYSICIAN ASSOCIATES

601 Broadway 7th Floor, Seattle WA 98122
206-386-2600 x4240

Mike McAdam, MD
Jennifer Weiss, PA-C

ANKLE/ACHILLES/FOOT EXERCISES

Range of Motion- Restoring range of motion is a primary goal of rehabilitation


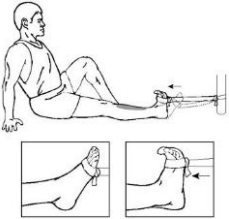
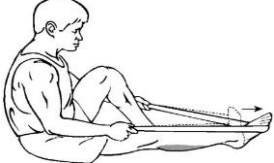
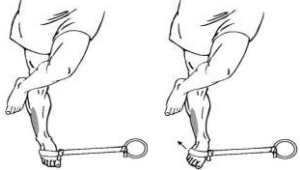
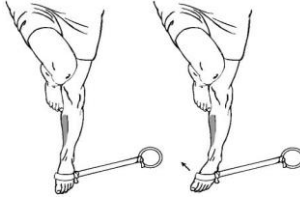

<p>ABC's ROM Elevate your leg with towel roll or cross your leg with the operated ankle on top. With toes pointed, trace the alphabet in the air using the ankle fully.</p>	<p>2-3 sets Repeat 3 times</p>	
<p>Ankle Eversion ROM Place your foot on opposite knee. Grasp foot and rotate the sole of the foot towards the floor.</p>	<p>Hold 10 seconds -Relax- Repeat 10-15 times</p>	
<p>Ankle Inversion ROM Place your foot on the opposite knee. Grasp outside of your foot with your hand and pull the sole of foot upward and towards your body.</p>	<p>Hold 10 seconds -Relax- Repeat 10-15 times</p>	
<p>Ankle Plantar Flexion ROM Place your foot on the opposite knee. Grasp the outside of your foot and pull toes and forefoot forward.</p>	<p>Hold 10 seconds -Relax- Repeat 10-15 times</p>	
<p>Ankle Dorsi Flexion ROM Sitting in a chair, relax your feet on ground. Place your injured ankle flat on ground and push the knee forward in front of toes. You may feel pressure in your ankle joint.</p>	<p>Hold 10 seconds -Relax- Repeat 10 -15 times</p>	
<p>Gastrocsoleus-Stretch Stand an arms length from wall. Place calf to be stretched in back. Turn toes of back foot slightly inward with heel out. Lean towards wall, leading with the waist, allowing arms to bend. Keep heel on floor. First do stretch with knee straight then bend slightly, keeping heel on floor at all times.</p>	<p>Hold for 20 seconds -Relax- Repeat 10 times</p>	

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Strengthening Exercises- Exercises should be performed in 3 sets of 10-15 repetitions.

<p>Towel Curls Place a hand towel on the ground. Put your foot at end closest to body. Grab towel with toes and pull the towel towards your heel. This is a difficult exercise, do not cheat by using other parts of your foot to move the towel.</p>	<p>Complete 3 sets twice daily</p>	
<p>Dorsiflexion w/ Tubing Place the tubing around your toes with other end fixed to stable object (heavy table). Fully extend your leg. Flex ankle to rotate foot towards your body. The motion should be continuous, slow and smooth from start to finish. Do not relax foot until back to neutral. * Note: tubing can be purchased at your local sporting goods store. The resistance increases (easiest - hardest): Yellow, Red, Green, Blue, Black.</p>	<p>Complete: 3 sets of 15 repetitions</p>	
<p>Plantar flexion w/ Tubing Place the band around forefoot and toes. Pull hands towards hips to increase the resistance. Point your foot and toes away from body.</p>	<p>Complete: 3 sets of 15 repetitions</p>	
<p>Eversion w/ Tubing Place the band around your forefoot and toes with other end fixed to a stable object (heavy table) beside you. Fully extend your leg. Pull foot outward</p>	<p>Complete: 3 sets of 15 repetitions</p>	
<p>Inversion w/ Tubing Place the tubing around your toes with other end fixed to a stable object (heavy table). Fully extend your leg. Pull the foot inward so sole of the foot points towards the other leg. Motion should be continuous and smooth from start to finish. Do not relax foot until back to neutral.</p>	<p>Complete: 3 sets of 15 repetitions</p>	
<p>Heel Raises Stand with feet hip distance apart, flat on the ground. Place hands on chair or wall for stability. Lift both heels simultaneously about 3-4" off the ground. Hold 5 seconds. More advanced exercise would be to complete the exercise one leg at a time.</p>	<p>Hold 5 seconds -Relax- Repeat 10-15 times Complete 3 sets</p>	
<p>Heel/Toe Walking Without shoes on, stand on your toes as high as possible. Walk on tip toes ~20 yards, turn around and walk back on your toes. Repeat 2x. Stand on heels pulling toes upward away from floor. Walk on heels ~20 yards, turn around and walk back. Repeat 2x. Repeat with two more sets: walk on inside of feet, then walk on outer edge of feet.</p>	<p>Walk 20 yards -Repeat 4 times- 4 separate sets: Toe, Heel, Inside, Outside</p>	