

## CENTER FOR PEDIATRIC ORTHOPAEDICS & SCOLIOSIS

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PEDIATRIC SPINE SURGERY  
PEDIATRIC ORTHOPAEDIC SURGERY

### RANDALL SORRENTINO, PA-C

PEDIATRIC SPINE SURGERY  
PEDIATRIC ORTHOPAEDIC SURGEY

### LISA DOBSON, RN

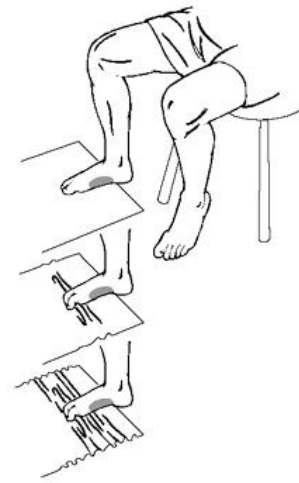
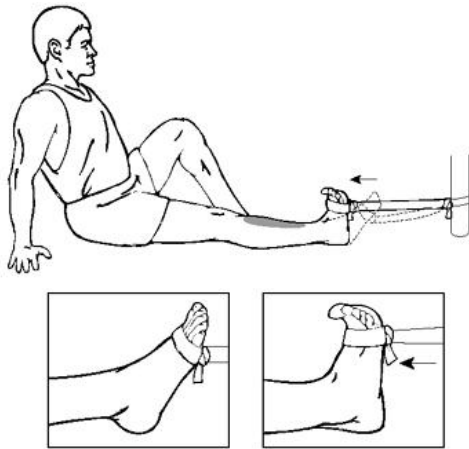
PEDIATRIC ORTHOPAEDICS CASE MANAGER  
SCOLIOSIS CASE MANAGER

## ANKLE STRENGTHENING EXERCISES

### STRENGTHENING EXERCISES •

These are some of the *initial* exercises you may start your rehabilitation program with until you see your physician, physical therapist, or athletic trainer again or until your symptoms are resolved. These exercises are usually used for the first 1 to 2 weeks after a sprain. The amount of time that they are used for will vary depending on the severity of the sprain. Please remember:

- Strong muscles with good endurance tolerate stress better.
- Do the exercises as *initially* prescribed by your physician, physical therapist, or athletic trainer. Progress slowly with each exercise, gradually increasing the number of repetitions and weight used under their guidance.



### STRENGTH • Dorsiflexors

Attach one end of elastic band to fixed object or leg of table/desk. Loop the opposite end around your foot as shown.

Slowly pull the foot toward you. Hold this position for \_\_\_\_ seconds. Slowly return to starting position.

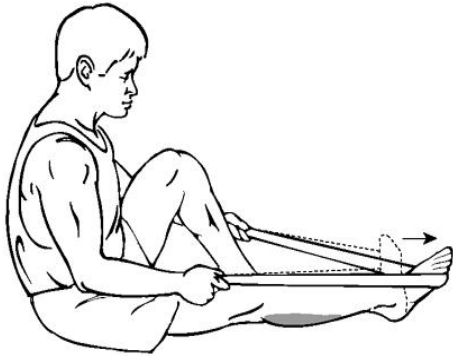
Repeat exercise \_\_\_\_ times, \_\_\_\_ times per day.

### STRENGTH • Towel Curls

Sit in a chair and place a towel on a noncarpeted floor. Place your foot/toes on towel as shown. (You may also stand to do this exercise rather than sit.)

Curl/pull towel toward you with your toes while keeping your heel on the floor. Move towel with toes only. Do not move your knee or ankle.

If this is too easy, place a light weight (book, hand weight, etc.) at the far end of the towel.

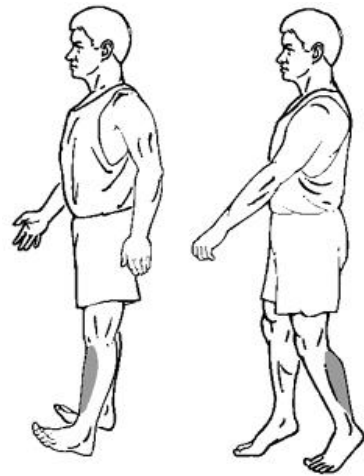


**STRENGTH • Plantarflexors**

Loop elastic band around foot as shown. Pull the band toward you with your hands.

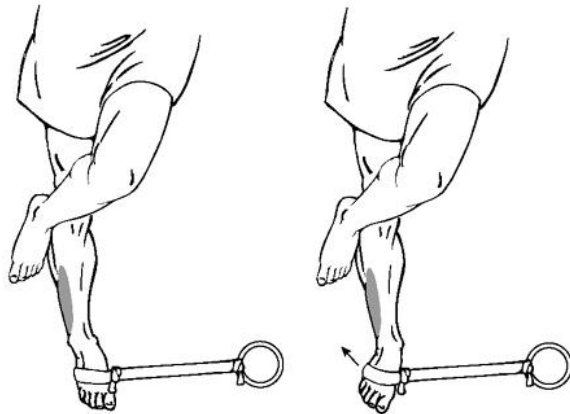
Push your toes away from you slowly. Hold this position for \_\_\_\_\_ seconds. Slowly return to starting position.

Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**DORSI/PLANTAR FLEXION STRENGTH**

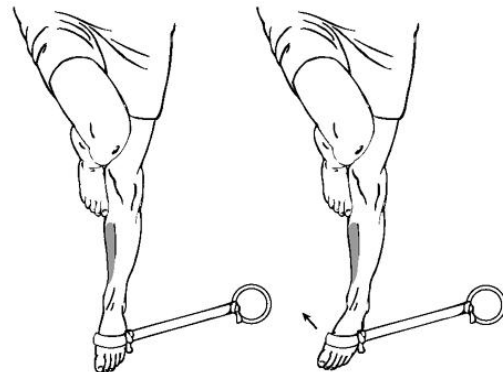
1. Walk on your heels and/or toes as shown.
2. When on your toes, walk slowly and concentrate on staying as high on your toes as possible.
3. When on your heels, concentrate on keeping the toes as far off the floor as possible.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**STRENGTH • Ankle Eversion**

Attach one end of elastic band to fixed

1. object or leg of table/desk. Loop the opposite end around your foot.
2. Turn your toes/foot outward as far as possible, attempting to pull your little toe up and outward. Hold this position for \_\_\_\_\_ seconds.
3. Slowly return to starting position.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**STRENGTH • Ankle Inversion**

Attach one end of elastic band to fixed object or leg of table. Loop the opposite end around your foot.

Turn your toes/foot inward as far as possible, attempting to push your little toe down and in. Hold this position for \_\_\_\_\_ seconds.

Slowly return to starting position.

Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.