Ankle Range of Motion Exercises

Do these exercises at least 3 times a day.

- **ABC’s**
  Moving only your ankle and foot, “write” each letter of the alphabet from A to Z. Keep your leg straight. Do not bend your knee or hip. The letters will start out small and get larger as your ankle motion improves.

- **Ankle Pumps**
  Move your foot up and down as if pushing down or letting up on a gas pedal in a car. Repeat 10 times.

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- **Ankle Side to Side**
  Move your foot side to side. Repeat 10 times.

- **Ankle Circles**
  Make circles with your foot. Go clockwise then repeat counter clockwise. Repeat 10 times.

- **Ankle Stretch**
  Sit with your leg out straight. Loop a towel around the ball of your foot and pull back. Pull to feel a stretch, but not pain. Release the pressure. Hold the stretch 20 to 25 seconds and repeat this exercise 3 times a day.
Toe Curls

Spread a towel on the floor in front of you. Sit on a chair with your foot flat on the towel. Curl your toes and gather the towel under the arch of your foot. Do not move your heel during this exercise. Repeat 10 times.

Special Notes

- If your doctor put you in a boot, remove the boot to do these exercises, to check your skin and to bathe. Your doctor may ask you to sleep in the boot.
- Continue non-weight bearing until your next appointment.
- You may put your body weight on your ankle as you are able. If you have been using a cane, crutches, or walker and wearing a boot, you will need to begin to decrease your use of these items.

As your ankle gets stronger, start to walk without the boot in your home. Wear the boot only when you feel you need the added support to make walking comfortable for you. You will then be able to wear the boot less and less when walking at home or outside. You may need the boot for some extra support when walking long distances or on uneven or rocky ground during this time.

If you are attending physical therapy, ask your therapist to help guide you through this process.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.