

# Active Range of Motion Exercises: Ankle



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

Do the exercises **3 times a day**. If your doctor put you in a boot, remove it to do the exercises.

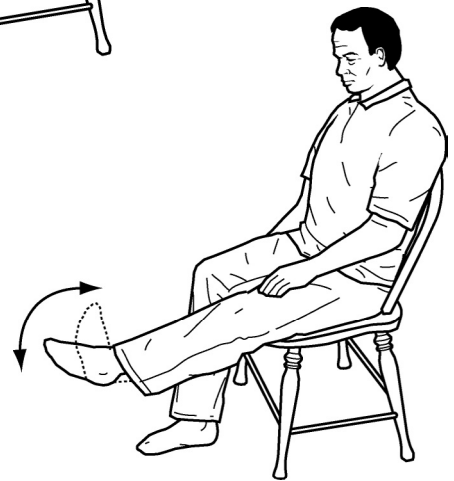
## Letter Writing

Moving only your ankle and foot, write each letter of the alphabet on the floor. Keep your leg straight. Do not bend your knee or hip. The letter will start 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.



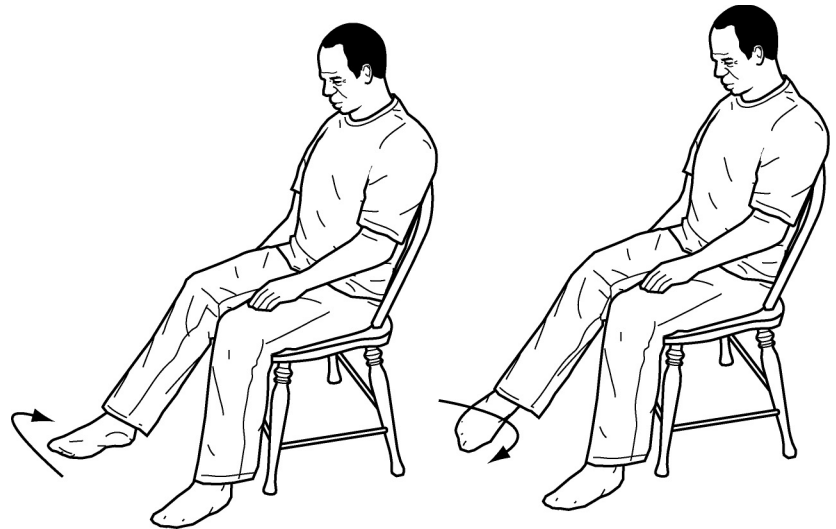
## Ankle Side to Side

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.



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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.