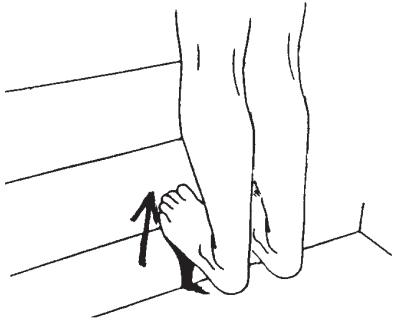


Toe Raises



- Standing with the balls of your feet on a stair, raise up on your toes. Slowly lower.

One Foot Balance



- Attempt to balance on your involved leg.
- Begin with your eyes open and then attempt to perform the exercise with your eyes closed.

For more copies, go online at <http://vch.eduhealth.ca> or email pthem@vch.ca and quote Catalogue No. **FB.884.H06**

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The information in this document is intended solely for the person to whom it was given by the health care team.

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Ankle Resisted Tubing Exercises

Home Exercise Program

The following exercises are designed to improve the strength of your ankle muscles.

Do **ONLY** those exercises prescribed for you, as certain exercises may be unsuitable for your condition.

Exercises should be done slowly and controlled in both directions.

Any difficulty with your exercises, such as pain or swelling, should be discussed with your therapist.

Unless otherwise instructed, do each exercise

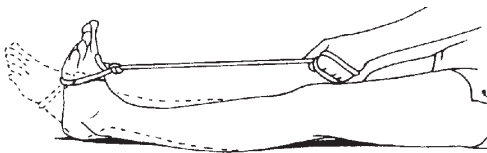
___ times

hold ___ seconds

do ___ sessions per day.

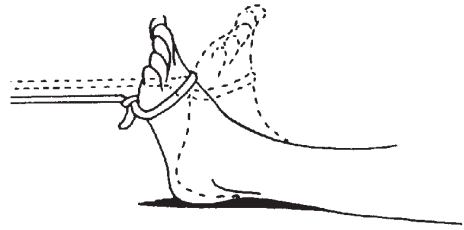
Do all exercises within your pain-free range, unless instructed otherwise.

Plantar Flexion



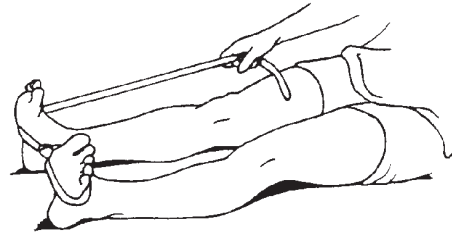
- With tubing around your foot, press your foot down.

Dorsi-flexion



- With tubing anchored in a doorjamb, pull your foot towards your face.
- Return slowly to the starting position.
- Relax.

Eversion



- With tubing anchored around your uninvolved foot, slowly turn your involved foot outward.

Inversion



- Cross your legs with your involved ankle underneath.
- With tubing anchored around your uninvolved foot, slowly turn your involved foot inward.