Ankle Rehabilitation: Stage III

   A. Assisted
   B. Unassisted
   C. Single Leg (Heel raises only)

2. Balance Drills: Perform a variety of balance drills throughout the day for 5-10 minutes. Try maintaining single leg balance while you try a variety of perturbation activities (ie. Closing your eyes, turning your head, airplane drills, band work, or standing on a phone book). Balance boards are available at the Student Rec Center.

   A. Progressive Squats
   B. Progressive Lunges

4. Theraband Exercise: Using a resistive band, strengthen your ankle in all four directions. Do 10-20 repetitions, 1-3 times daily.
   A. In
   B. Out
   C. Up
   D. Down

5. Cardio/Weight Training: Resume activities as able without pushing through any pain.
   A. Stationary Bike
   B. Elliptical Machine
   C. Swimming

6. Slowly wean back into your sports and recreational activities, without pushing through pain. If you’re having persistent problems, call the Physical Therapy/Sports Medicine Department for an appointment.