Ankle Rehabilitation: Stage II

**Range of motion:** Progress your range of motion to include side to side, circles and alphabets. Do NOT push through pain. Do 20 repetitions of each, 4-6 times per day.

![Ankle Range of Motion Illustration]

**Achilles/Calf Stretch:** Progress to standing stretches. Hold each stretch 30 seconds and repeat 2-3 times for each stretch. Do these stretches 3-5 times daily.

a. Standing with knee straight

![Standing with Knee Straight]

b. Standing with knee bent.

![Standing with Knee Bent]

**Ball/Bottle Rolling:** In a sitting position, roll a ball or bottle forward and backward. As you roll forward, point your toe down. As you roll backward, keep your heel down. Do 20 repetitions.

![Ball/Bottle Rolling Illustration]

**Towel Exercises:** Sit in a chair with your foot in a towel.

a. Curling: curl towards you, using toes then push away. Work on this for 2 minutes, 3-5 times per day.

![Curling Illustration]

b. Foot Sweeps: Keeping heel on floor & knee still, sweep the towel towards the inside of your foot & then reverse. Do this for 2 minutes, 3-5 times daily.

![Foot Sweeps Illustration]

**Seated Heel/Toe Raises:** Do 20 repetitions of each 3-5 times daily

![Seated Heel/Toe Raises Illustration]

**Weight Shifting:** Weight shift side to side (as pain allows). Progressing to single leg stance with support once you are able.

![Weight Shifting Illustration]

**Ongoing Care Tips:** Continue to ice and elevate several times per day. Continue to use an ace bandage or tape as needed to control swelling. Don’t push through pain with any of your activities or exercises. Wean from assistance devices as tolerated.