



OrthoNC.com

ORTHOPAEDIC SPECIALISTS OF NC

1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118

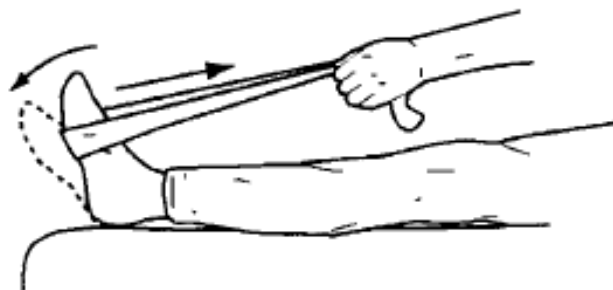
ANKLE THERABAND EXERCISES

It is best to do any exercise slowly and with smooth motions. Be sure to breathe in through your nose and out through your mouth while exercising. You should never hold your breath while exercising because it may cause your blood pressure to rise.

Do each exercise _____ times a day. Repeat each exercise _____ times. Use _____ band for exercises.

ANKLE PLANTARFLEXION

- o Sit with your legs out straight in front of you.
- o Loop one end of the band around the ball of your foot you are to exercise.
- o Hold the other end of the band in one or both hands.
- o Slowly point your toes and press your foot down, like you are stepping on the gas pedal

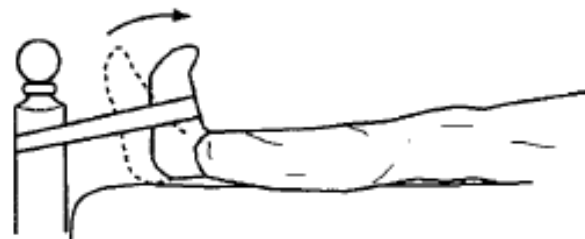


in a car.

- o Slowly return to the starting position.

ANKLE DORSIFLEXION

- o Loop an end of the band over the bed post or a sturdy table leg.
- o Sit with your legs out straight in front of you.
- o Loop the other end around the top of your foot.
- o Pull your toes up toward your head, feeling the band pull against your foot.
- o Slowly ease the foot back.



If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.

ANKLE INVERSION

- Sit with your legs out straight in front of you.
- Loop one end of the band around the ball of your foot you are to exercise.
- Cross your other leg over top at the ankles.
- Take the band under the ball of the top foot and up along the leg so you can hold the other end with one or both hands.
- Holding the band, turn your foot in, pulling against the band.
- Slowly bring the foot back out.



ANKLE EVERSION

- Sit with your legs out straight in front of you.
- Loop one end of the band around the ball of your foot you are to exercise.
- Take the band under the ball of your other foot and up along the leg so you can hold the other end with one or both hands.
- Holding the band, turn your foot out, pulling against the band.
- Slowly bring the foot back in.



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