

First 2-3 days

Ankle Dorsiflexion Stretch (Belt)

Sets: 3 | Hold: 15-20

Preparation:

- Sitting with your leg straight out in front of you
- Wrap a long towel around the ball of your foot holding both ends of the towel

Execution:

- Pull the towel towards yourself while keeping your knee straight



Pull towel, knee straight

Soleus Stretch (Wall)

Sets: 3 | Hold: 15-20

Preparation:

- Stand in front of a wall with one leg forward and one leg back as shown

Execution:

- With the back leg bent, sit back onto your back foot, keeping your heel on the ground



Drop back knee toward ground

Ankle Alphabet

Sets: 3

Preparation:

- Sit in a chair with good posture
- Rest the edge of your heel on the floor as shown

Execution:

- Write the letters of the alphabet A to Z with your big toe



Alphabet



A



B



C, etc

Ankle Circles

Sets: 3 | Reps: 20 | Directions: Left and Right

Preparation:

- Sit in a chair with good posture
- Rest the edge of your heel on the floor as shown

Execution:

- Trace clockwise/counterclockwise circles with your big toe



Circle ankle



Circle ankle



Circle ankle



Circle ankle



Circle ankle

After 2-3 days

Ankle Eversion Concentric Sitting (Band)

Sets: 3 | Reps: 10-15

Preparation:

- Sit with your leg straight in front of you
- Place a towel roll underneath your calf to elevate your foot

Execution:

- Turn your foot outwards against the resistance, pointing your toes away from the middle.
- Relax your foot back to the start position in a controlled manner



Start position



Turn foot outward

Ankle Inversion Concentric (Band)

Sets: 3 | Reps: 10-15

Preparation:

- Sit with your leg straight in front of you
- Place a towel roll underneath your calf to elevate your foot

Execution:

- Bend your ankle against the resistance, pointing your toes towards the middle.
- Relax your foot back to the start position in a controlled manner



Start position



Bend foot inward

Ankle Dorsiflexion Eccentric (Band)

Sets: 3 | Reps: 10-15

Preparation:

- Sit with your leg straight in front of you
- Pull your toes towards your nose, bending your ankle as far as you can

Execution:

- SLOWLY lower your ankle against resistance



Loop tubing/band over top of foot



Slowly lower ankle against resistance

Ankle Plantar Flexion Concentric (Band)

Sets: 3 | Reps: 10-15

Preparation:

- Sit with your leg straight in front of you

Execution:

- Point your toes away from you



Loop tubing/band around foot



Point toes against resistance

After 1-2 weeks

Bilateral Calf Raise Concentric (Floor)

Sets: 3 | Reps: 10

Preparation:

- Stand next to a chair, counter or wall

Execution:

- Stand on your tip toes, lifting your heels as high as you can
- Relax your heels back down to the ground



Start position



Stand on tip toes

Single Leg Balance - Hands on Hips

Sets: 4-5 | Reps: 30 sec. holds

Preparation:

- Stand next to a wall, counter or chair if needed

Execution:

- Stand on one leg



Balance on one leg