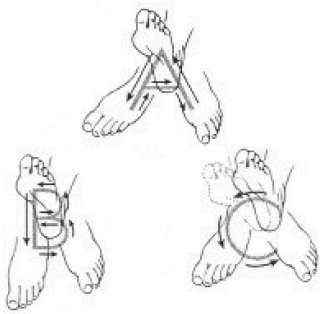

Lower Extremity Fracture: Phase I (Non-weight Bearing)

Range of Motion and Stretching Exercises – Ankle Fracture

These are some of the **initial** exercises to start your rehabilitation program until you see Dr. Weber, your physical therapist or athletic trainer, or until your symptoms are resolved. Please remember:

- Flexible tissue is more tolerant of the stresses placed on it during activities
- Each stretch should be held for 20 to 30 seconds
- A **gentle** stretching sensation should be felt



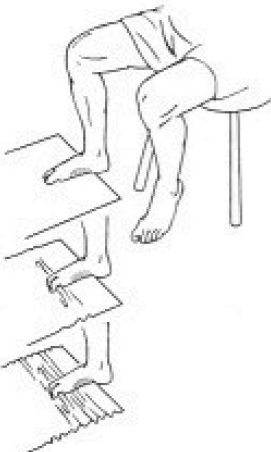
Range of Motion – Ankle Alphabet

1. Write all the capital letters of the alphabet with your foot and ankle. The motion should come from your foot and ankle, not your hip or knee.
2. Move the foot and ankle slowly, writing the letters as large as possible/comfortable for you.
3. Repeat exercise 20 times, six times per day.



Range of Motion – Active Dorsi/Plantar Flexion

1. Pull your toes and foot toward your body as far as possible, then point the foot and toes away from body as far as possible.
2. Perform the exercise with the knee straight and then with the knee bent.
3. Hold this position for two seconds.
4. Repeat 20 times, six times per day.



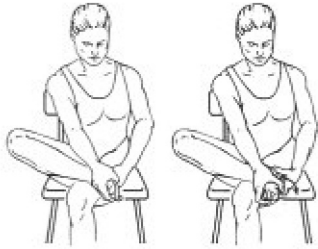
Strength – Towel Curls

1. Sit in a chair and place a towel on a non-carpeted floor. Place your foot/toes on towel as shown. (You may also stand to do this exercise rather than sit.)
2. Curl/pull towel toward you with your toes while keeping your heel on the floor. Move towel with toes only. Do not move your knee or ankle.
3. If this is too easy, place a light weight (book, hand weight, etc.) at the far end of the towel.
4. Repeat exercise five times, three times per day.



Range of Motion – Ankle Dorsiflexion

1. Sit on the edge of a chair as shown.
2. Place your _____ foot closest to the chair.
3. Keep your foot flat on the floor and move your knee forward over the foot.
4. Hold this position for 10 seconds.
5. Repeat exercise five times, three times per day.



Range of Motion – Ankle Eversion

1. Sit with your _____ leg crossed over the other.
2. Grip the foot with your hands as shown and turn the sole of your foot upward and out so that you feel a stretch on the inside of the ankle.
3. Hold this position for 10 seconds.
4. Repeat exercise five times, three times per day.



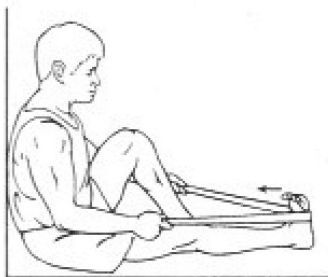
Range of Motion – Ankle Plantar Flexion

1. Sit in the position shown.
2. Using your hand, pull your toes and ankle down as shown so that you feel a gentle stretch.
3. Hold this position for 10 seconds.
4. Repeat exercise five times, six times per day.



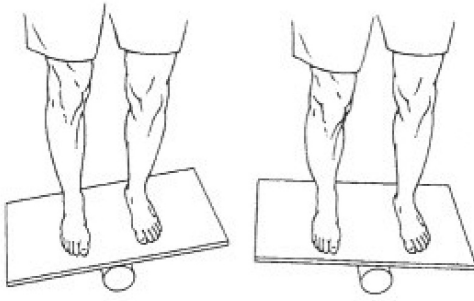
Range of Motion – Ankle Inversion

1. Sit with your _____ leg crossed over the other.
2. Grip the foot with your hands as shown and turn the sole of your foot upward and in so that you feel a stretch on the outside of the ankle.
3. Hold this position for 10 seconds.
4. Repeat exercise five times, six times per day.



Stretch – Gastroc Soleus

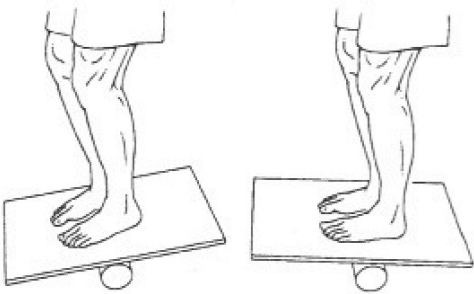
1. Sit with your leg straight out in front of you and loop a towel around the ball of your foot as shown in the diagram.
2. Using your muscles, pull your foot toward you. When you cannot pull any further with your muscles, use the towel to gently pull your foot toward your body.
3. Keep your knee straight while doing this. Do not let your knee bend.
4. Hold this position for ten seconds.
5. Repeat exercise five times, six times per day.



Balance – Inversion/Eversion

This exercise is to be done while sitting.

1. Place a board approximately 18 inches long and 15 inches wide on top of a 1.5 inch round piece of wood or metal as shown (a dowel or cut off broom handle works well).
2. Sit with your feet an equal distance apart on the board near a stable object such as a counter.
3. Keep your feet flat on the board and try the following exercises. Make sure that the motions you use to keep your balance come from the ankles and not your hips or knees:
 - a) Rock the board slowly from side to side.
 - b) Keep the edges of the board off the floor and equal distance.
4. Repeat this exercise using just one foot/ankle positioned directly over the center of the board.
5. Be very careful and always be within an arms length of a stable object to grasp to assist with balance.



Balance – Plantar/Dorsi Flexion

This exercise is to be done while sitting.

1. Place a board approximately 18 inches long and 15 inches wide on top of a 1.5 inch round piece of wood or metal as shown (a dowel or cut off broom handle works well).
2. Sit with your feet an equal distance apart on the board near a stable object such as a counter.
3. Keep your feet flat on the board and try the following exercises. Make sure that the motions you use to keep your balance come from the ankles and not your hips or knees:
 - c) Rock the board slowly from front to back.
 - d) Keep the edges of the board off the floor and equal distance.
4. Repeat this exercise using just one foot/ankle positioned directly over the center of the board.
5. Be very careful and always be within an arms length of a stable object to grasp to assist with balance.