

# Ankle Range of Motion

## Home Exercise Program

Lions Gate Hospital  
231 East 15th Street  
North Vancouver BC V7L 2L7  
Tel: 604-988-3131

The following exercises improve movement in your ankle joint.

- Do only those exercises that your therapist tells you to do.
- Do exercises on your affected side unless directed otherwise by your therapist.
- Do the exercises \_\_\_\_\_ time(s) daily.
- Tell your therapist if you are having problems with any of the exercises, e.g. pain, swelling.

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Therapist's name

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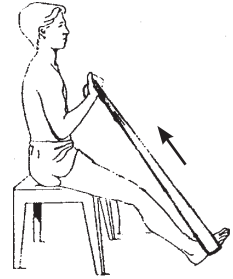
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## 1. (A) Passive Ankle Dorsiflexion

Start in a sitting position. Place a towel or strap under the ball of your foot. With the knee straight pull on both sides of the towel. This helps bring the foot up.

Hold: \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times.

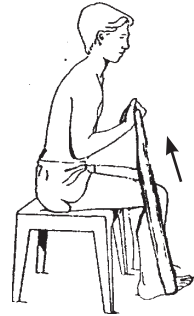


## (B) Passive Ankle Dorsiflexion

The same as above, except this time start with your knee bent.

Hold: \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times.



## 2. Passive Ankle Inversion

Start in a sitting position. Place a towel or strap under the ball of your foot. Pull on the strap so your foot moves upward and inward.

Hold: \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times.



## 3. Passive Ankle Eversion

Start in a sitting position. Place a towel or strap under the ball of your foot. Pull on the strap so your foot moves upward and outward.

Hold: \_\_\_\_\_ seconds.

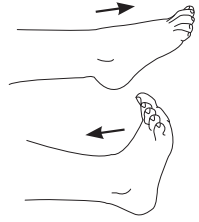
Repeat: \_\_\_\_\_ times.



#### 4. Ankle Point and Flex

In a sitting position, straighten your leg. Point and bend ankle.

Repeat: \_\_\_\_\_ times.



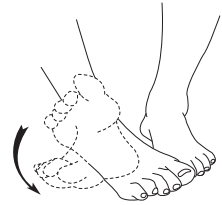
#### 5. Ankle Circles

Sitting with both feet on floor, gently raise your foot slightly. Circle foot clockwise.

Repeat: \_\_\_\_\_ times.

Circle foot counterclockwise.

Repeat: \_\_\_\_\_ times.



#### 6. Towel Curls

Sitting, scrunch a towel up with toes of your foot. Relax toes by spreading towel out again.

Repeat: \_\_\_\_\_ times.



#### 7. Towel Slides

Sitting, keep your heel down and your knee still, slide a towel inwards using the front of your foot. Do not move your knee. Smooth towel back out. Repeat and slide towel outwards

Repeat: \_\_\_\_\_ times.

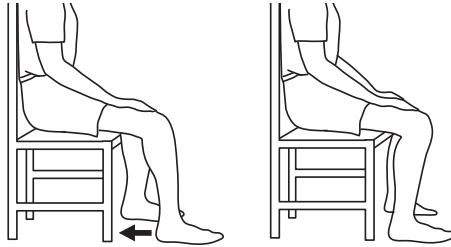


## 8. Heel Slides: Ankle Dorsiflexion

Keep your feet on the floor. Slide the affected foot back, bending your knee and ankle, until a stretch is felt at the front of your ankle joint.

Hold: \_\_\_\_\_ seconds.

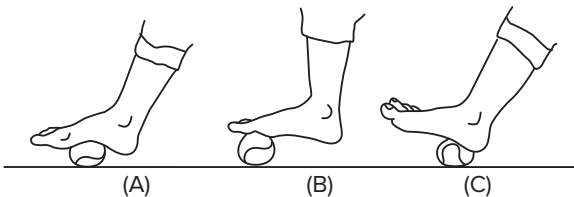
Repeat: \_\_\_\_\_ times.



## 9. Tennis Ball Exercises

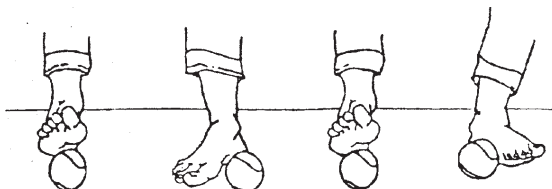
Sit down. Put a tennis ball under your foot, in the arch area (A). Roll it forward (B) and backward (C) using as much pressure against the ball as is comfortable.

Continue for \_\_\_\_\_ minutes.



Sit down. Place the tennis ball under the front of your foot with the heel firmly on the ground. Move your forefoot up and over the ball from side to side.

Continue for \_\_\_\_\_ minutes.



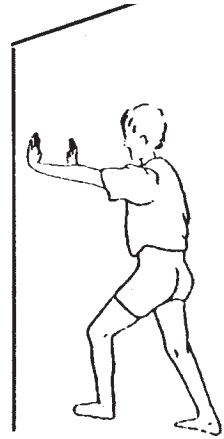
## 9. Standing Calf Stretches

### (A) Gastroc

Face and place your hands on the wall. Place your affected foot behind, with your toes straight ahead. Keep your back knee straight and your heel on the floor. Lean into the wall from your hips. You should feel the stretch in your upper calf.

Hold: \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times.

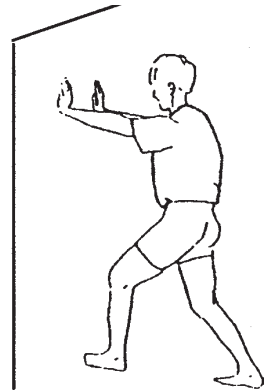


### (B) Soleus

Same as above, except this time keep your back knee bent.

Hold: \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times.



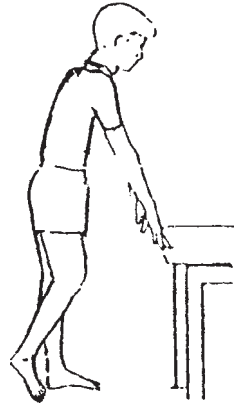
## 10. Passive Plantar Flexion in Standing

Start in a standing position. Hold onto a table or bench. Slightly bend the knee on your affected side so the foot to be stretched is slightly behind you.

Keep the top of your foot on the floor. Lean forward until you feel a stretch at the front of your ankle joint.

Hold: \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times.



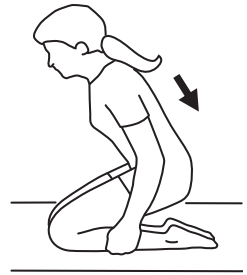
## 11. Passive Plantar Flexion in Sitting

Kneel on a mat with your toes pointed.

Slowly relax your bodyweight toward your heels until you feel a stretch at the front of your affected ankle joint.

Hold: \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times.





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and families

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