

# Ankle Home Therapy Instructions

## **Balance Exercises;** 1-2 times daily, **barefoot.**

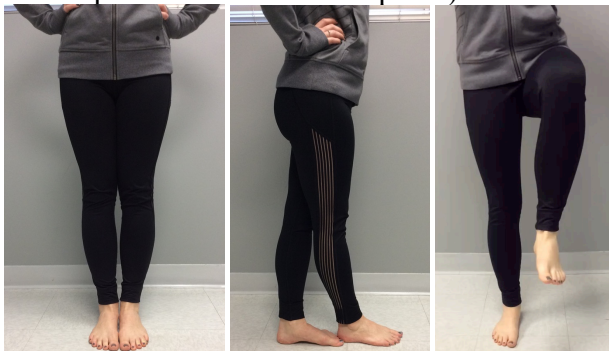
Each exercise should be done for 30 seconds with eyes open.

After you are able to complete 30 seconds with eyes open, attempt with eyes closed.

Continues to do this daily, minimum of 30 seconds with eyes closed.

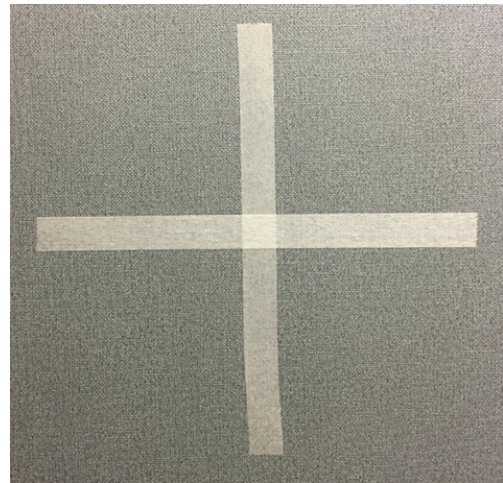
To progress, and further challenge yourself, stand on an uneven surface such as a foam mat.


- Double Leg Stance
  - Feet are flat on firm ground (or uneven surface), approximately hips width apart.
- Tandem Stance
  - RIGHT foot is placed in front of LEFT with the heel of the anterior (right) foot touching the toe of the posterior (left) foot.
  - Switch feet. LEFT foot is placed in front of RIGHT with the heel of the anterior (left) foot touching the toe of the posterior (right) foot.
- Single Leg Stance
  - Stand on RIGHT leg, with LEFT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and neutral position in the frontal plane).
  - Stand on LEFT leg, with RIGHT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and neutral position in the frontal plane).





**Box Drills** for ankle stability - utilize masking tape in the shape of a cross on the ground.

Each of the following exercise should be done for 30 seconds. Focus on landing in each quadrant without touching the tape. Practice should be focused on symmetry and function right/left.



- Lateral Movements 

- 'Vertical' Movements 

- Clockwise 

- Counterclockwise 