

Ankle Home Therapy

Balance Exercises: Barefoot, 1-2 times per day.

1. You should perform each exercise with your eyes open for 30 seconds.
2. Try it again with your eyes closed once you've managed to finish 30 seconds with them open.
3. Continues to do this daily, a minimum of 30 seconds with eyes closed.
4. Step up and push yourself even harder by standing 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.



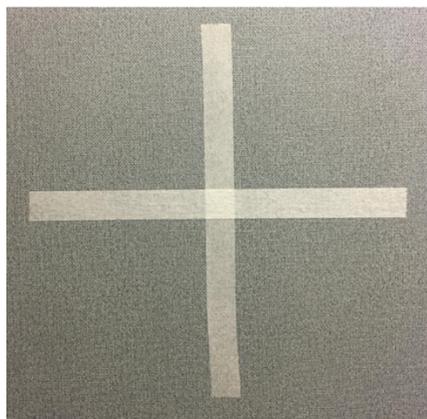
Tandem Stance

- The RIGHT foot is positioned in front of the LEFT, with the RIGHT foot's heel touching the LEFT foot's toe.
- Switch feet. The left foot is positioned in front of the right, with the left foot's heel touching the right foot's toe.

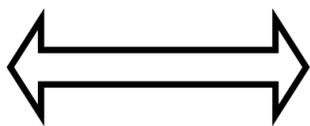


Single Leg Stance

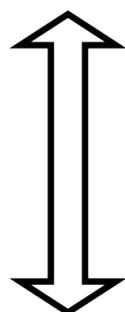
- Stand on the RIGHT leg, with LEFT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and a neutral position in the frontal plane).
- Stand on the LEFT leg, with RIGHT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and neutral position in the frontal plane).



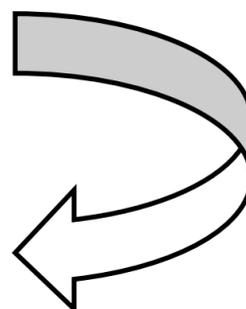
Box Drills for ankle stability: utilize masking tape in the shape of a cross on the ground. Each of the following exercises should be done for 30 seconds. Focus on landing in each quadrant without touching the tape. Practice should be focused on symmetry and function right/left.



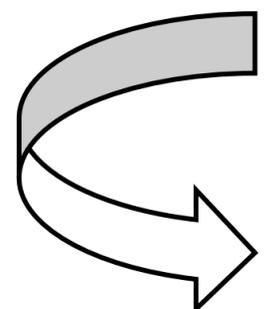
'Lateral' Movements



'Vertical' Movements



Clockwise



Counter clockwise