
Lower Extremity Fracture: Phase III (Weight Bearing)

Range of Motion and Stretching Exercises – Ankle Fracture

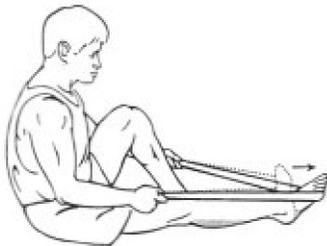
These are some of the **initial** exercises to start your rehabilitation program until you see Dr. Weber, your physical therapist or athletic trainer, or until your symptoms are resolved. Please remember:

- Strong muscles with good endurance tolerate stress better.
- Do the exercises as **initially** prescribed by Dr. Weber, your physical therapist or athletic trainer. Progress slowly with each exercise, gradually increasing the number of repetitions and weight used under their guidance.



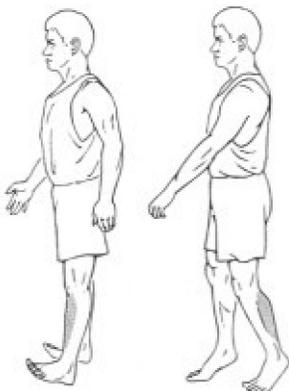
Strength – Plantarflexors

1. Stand with feet shoulder-width apart. Hold on to counter or chair if necessary for balance.
2. Rise up on your toes as far as you can. Hold this position for two seconds.
3. Complete this exercise using only one leg if it is too easy using both legs.
4. Repeat exercise 10 times, six times per day.



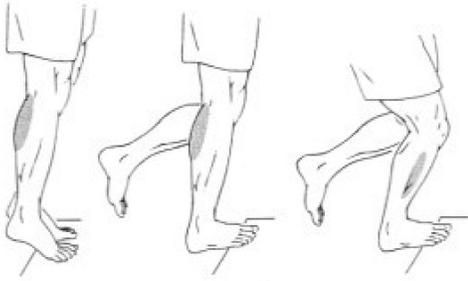
Strength – Plantarflexors

1. Loop elastic band around foot as shown. Pull the band toward you with your hands.
2. Push your toes away from you slowly. Hold this position for two seconds. Slowly return to starting position.
3. Repeat exercise 10 times, three times per day.



Strength – Dorsi/Plantar Flexion

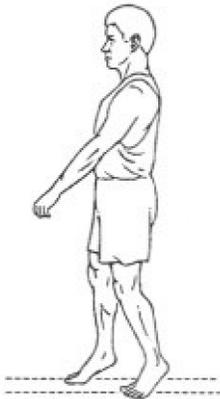
1. Walk on your heels and/or toes as shown.
2. When on your toes, walk slowly and concentrate on staying as high on your toes as possible.
3. When on your heels, concentrate on keeping your toes as far off the floor as possible.
4. Walk for 10 steps, three to five times per day.



Strength – Plantar Flexion

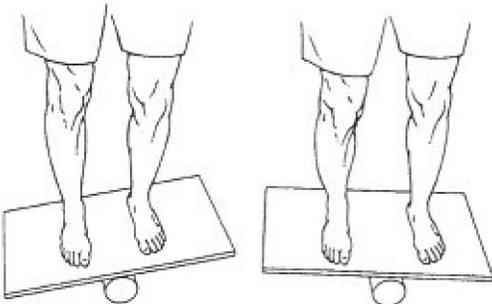
Note: This exercise can place a lot of stress on your foot and ankle and should only be done after specifically checking with Dr. Weber, your physical therapist or athletic trainer.

1. Stand on the edge of a step as shown with your body weight on the front of both feet. Use both legs to rise up on your toes.
2. From the toe, raise your position with your knee straight. **Using your injured leg**, lower the heel of the injured side below the level of the step. **Use your uninjured leg** to rise back to the starting position. Work up to three sets of 15 repetitions.
3. Repeat by lowering the heel of the injured leg below the level of the step with knee slightly bent. Work up to three sets of 15 repetitions.
4. When you can perform the above exercises with minimal discomfort, increase the workload by adding a back pack with weights. You may increase the weight in the backpack in increments as tolerated.



Heel/Toe Walking

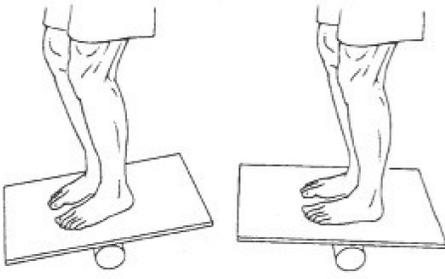
1. Stand with your uninjured foot on a line as shown.
2. **Slowly** rise up onto your toes and back down onto your heel. Keep your balance at all times.
3. Place the injured foot/ankle in front of the uninjured leg, heel to toe.
4. Repeat as above. **Slowly** rise up on your toes, as far as you can without pain, keeping your balance.
5. Return to your starting position.
6. Remember, do this slowly and maintain your balance.



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.