



Name:

## ANKLE REHABILITATION EXERCISES

Exercise:	Sets	Repetitions	Surface	Weight/Resistance
<b>I. Stretching Exercises</b>				
1. Soleus (SIQ) 2. Gastrocnemius (SIQ) 3. Tibialis Anterior/Posterior (SIQ) 4. Fibularis Longus/Brevis 5. Flexor Hallicus Longus (SIQ)				
<b>II. Balance &amp; Proprioceptive Exercises</b>				
<b>a.</b> 1. Single Leg Stand 2. Single Leg Swing 3. Two Legged Calf Raise 4. Single Leg Calf Raise				
<b>b.</b> 1. Off Stair Calf Raise 2. Off Stair Single Leg Calf Raise (Supported) 3. Off Stair Single Leg Calf Raise (Unsupported)				
<b>c.</b> 1. Single Leg Stand (Foam Board → Wobble Board) 2. Single Leg Swing (Foam Board) 3. Two Legged Calf Raise (Foam Board) 4. Single Leg Calf Raise (Foam Board)				
<b>III. Resistance Band Concentric Exercises</b>				
1. Banded Inversion 2. Banded Eversion 3. Banded Dorsi Flexion 4. Banded Plantar Flexion 5. Inversion with Dorsi Flexion 6. Eversion with Dorsi Flexion				RED, YELLOW, GREEN, BLUE, BLACK
<b>IV. Advanced Resisted Proprioceptive Leg Swings</b>				
1. Forward 2. Backward 3. Inward 4. Outward			1. Floor 2. Pillow/Foam Board 3. Bosu Ball/Wobble Board	RED, YELLOW, GREEN, BLUE, BLACK
<b>V. Advanced Proprioceptive Exercises</b>				
1. Single Leg Squat 2. Dynamic Roof Pull Holds (Single Leg) 3. Two Legged Hop (Continuous/with Hold) 4. Single Leg Hop (Continuous/with Hold) 5. Lateral Single Leg Hops (Continuous/with Hold)			1. Floor 2. Pillow/Foam Board 3. Bosu Ball/Wobble Board	
<b>RETURN TO NORMAL TRAINING</b>				

