
Ankle Rehab LEVEL 1

Apply to #1 | #4 | #5 |

Proprioception is information that the brain receives from our muscles and joints to make us aware of body position and body movement in space without us having to look. It is a function of the nervous system.

Stabilise; i.e. Engage your core muscles prior to all exercises.

- Re-establishing proprioception is critical to a functional rehabilitation program. It is vital to reduce risk of reinjury.
- Progress from: looking at your foot, looking ahead, eyes closed.
- Progress by increasing time from 20-30-60 seconds.
- OR perform exercise to fatigue.
- Do: 3- 5 repetitions.
- Progress by incorporating balance boards, foam rollers etc to increase the challenge.
- Daily, or as recommended by your Therapist.

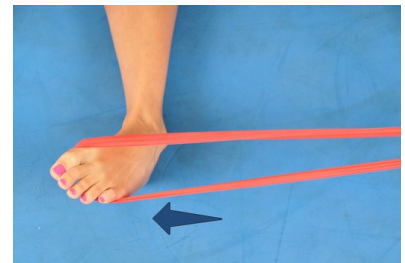
Apply to #7 | #6 |

- It is recommended to precede stretches with a 10-20 minute warmup.
 - Hold stretch for 30-40 seconds.
 - Repeat 3 X's.
 - 2-4 times daily, 6 days a week to increase flexibility.
 - Stretch 1-4 times daily, 3-4 days/week to maintain flexibility.
 - Into discomfort NOT pain.
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Fred Astaire # 1

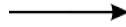


Foot Out/In tubing # 2



Tie the band securely. Place band over the inner foot and pull the foot inwards, return slowly.

Foot Down/Up tubing # 3



Tie the band securely. Place band over the top of foot and pull the foot upwards, return slowly.

Balance pad 747 # 4



Kneecap in line with 2nd & 3rd toes. Back leg as horizontal as possible. Sustain position.

Balance pad ball switch # 5



Switch tennis ball from 1 hand to the other.

Soleus knee to wall # 6



With the heel flat, move the foot as far from the wall as possible, whilst the knee touches the wall.

Soleus & Achilles bent knee # 7



Stretching with the knee bent targets the Achilles tendon & the Soleus muscle. Keep the heel flat on the floor. NO pain at the front of ankle. If needed, support the inside of the arch with a small toilet roll