



## ANKLE EXERCISES STAGE 3

Ice as needed. No swelling, minimal to no pain, no bruising, full weight bearing and can walk without pain

### Stretching Hamstring/ Calf



Loop towel around foot and pull towards you, hold for 30 sec.  
**Repeat 4 times;**  
**2-3 times per day.**

### Tibialis Anterior



Loop towel around foot and have a friend pull **away** from you, hold for 30 sec.  
**Repeat 4 times;**  
**2-3 times per day.**

### Heel Walking



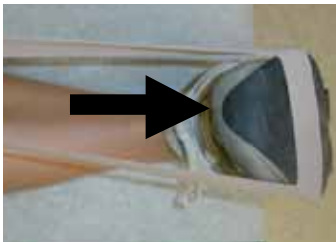
Walk on the **heels**.  
**Start with 10 steps.**  
**Work towards 40 steps.**

### Toe Walking



Walk on the **toes**.  
**Start with 10 steps.**  
**Work towards 40 steps.**

### Strength/Range of Motion (4-way bands)



Loop an ace bandage around the foot to provide resistance as seen in the picture. **Push** against resistance in the **direction of the arrow** (opposite of the ace bandage).  
**Start with 2 sets of 10 for each direction.**  
**Once this becomes easy, work towards 3 sets of 15.**

Do not attempt these exercises without first being cleared by our physicians.

**Miami Valley Hospital**  
30 E. Apple Street, Suite 2200  
Dayton, OH 45409  
Tel: 937.208.2091

**Miami Valley Hospital South**  
2350 Miami Valley Drive, Suite 210  
Centerville, OH 45459  
Tel: 937.208.2091

**Atrium Medical Center**  
Professional Building 1  
200 Medical Center Drive, Suite 375  
Franklin, OH 45005  
Tel: 513.705.4201

**Beavercreek Office**  
Beavercreek Family Physicians  
1244 Meadowbridge Drive  
Beavercreek, OH 45434  
Tel: 937.208.2091

**Huber Heights Office**  
Good Samaritan  
Health Center  
6251 Good Samaritan Way  
Huber Heights, OH 45424  
Tel: 937.208.2091

**Sidney Office**  
1529 Fair Road  
Sidney, OH 45365  
Tel: 937.497.9810

**Springboro Office**  
At Springboro High School  
1625 S. Main Street  
Springboro, OH 45066  
Tel: 937.208.2091

**Troy Office**  
76 Troy Town Drive  
Troy, OH 45373  
Tel: 937.339.8399

**Vandalia Office**  
55 Elva Court  
Vandalia, OH 45377  
Tel: 937.208.2091