



## ANKLE EXERCISES STAGE 3 CONT.

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

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



12 o'clock



3 o'clock



6 o'clock



9 o'clock

Balance on the injured leg in the center of the clock. Touch each of the four points (12 o'clock, 3 o'clock, 6 o'clock, and 9 o'clock) with the non-injured leg. All weight should be on the injured leg, just touch the point with the toe of the healthy leg.

**One time around the clock is one set. Do ten sets.**

### Balance



Stand on one leg.

**Balance for 30 seconds**

**Progress to closed eyes balancing.**

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